***ST JOSEPH’S PRIMARY SCHOOL***

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 **Principal: Mrs S McArdle BT30 9HS**

Dear Parent,

In the month of February each class in St Joseph’s are having a physical activity competition. We are aware that opportunities for regular exercises are more limited at the minute. However, guidelines recommend that children over the age of 6 should complete 1 hour of exercise each day. This hour does not have to happen all at once. It can be built up throughout the day. Some of this exercise should be ‘rigorous’ according to the same guidelines.

We want you to encourage your child to exercise and then record their rigorous exercise in minutes for the month of February. Rigorous exercise for the point of this competition includes:

* Jogging/running
* An organised walk with an adult
* Cycling
* Playing with a ball
* Scooting
* Active play
* Circuit exercises
* Dancing
* PE with Oisin
* Others that you judge to be rigorous

We have sent you a table that you can use throughout February to log the minutes spent on these types of exercises. At the end of each week just send your score into Google Classroom and your teacher will log it. I recommend

There will be a winner (the most minutes) in each class at the end of February and these pupils will receive a **prize** courtesy of our very supportive **PTA**.

Please send in any photos or videos of your children working up their minutes.

Yours sincerely,

M. Miskelly