






Fitness Club Spring 2020

At Wallace Fields Junior School, our sports aim is to promote fitness and improve stamina.

After the success of the Fitness club last term Miss Dandy will continue to run the club in the Spring. Miss Dandy will be running the 'Fitness Club' on a Thursday after school. Registration and changing will take place in The Red Room at 3.30pm. The club is for anyone, who wishes to raise their fitness levels. It is about children achieving their personal best and is a non-competitive club.

Fitness Club will include:

-  An introduction to fitness and how this can be measured.
-  Circuit activities, where children work for 1-2 minutes on a set task.
-  Beep test to assess and support progress.
-  A social and non-competitive, fun environment.
-  Varied activities weekly.
-  An opportunity to improve fitness and achieve/maintain a healthy weight.
-  Ideas on how to develop fitness outside school.
-  Opportunities for every child, whatever their circumstances, age or ability.

Children will need to wear sports kit and outdoor trainers and have a water bottle. Warm outerwear can be worn on the colder days, including jogging bottoms. Children will need to be collected from the front gate at 4.30pm promptly.

If your child is interested please use the email link and give the full name of your child, year group and any medical conditions (including medicines required), social needs and any adults authorised to collect to:

zdandy@wallacefields-jun.surrey.sch.uk.

Emails will be dealt with on a first come first served basis as there is a maximum of 25 children. If you do not have a place we will get in touch with you and your child we be placed on the waiting list and will be guaranteed a place next term. The deadline is Monday 6th January to apply and the 1st session will be on Thursday 16th January. The last session will be 26th March.

We look forward to more fun and fitness in the forthcoming term.

Kind regards,

Miss Dandy

Positive Play Leader