

Dear Parent(s)/Guardian(s)

We are delighted to offer your child a place on the 'Let's Get Physical' Project at their school this term. Let's Get Physical makes activity fun, particularly for children who do not normally take part in sport clubs outside school.

The sessions will be led by qualified coaches and will run once per week for 6 weeks. The project will start on **Wednesday 9th January 2019 at 15:20.**

The school is fully supportive and committed to this project. Your child will have the opportunity to try out lots of different, fun activities such as sucker archery, dodgeball, yoga, clubbercise and lots more.

It is harder and harder for children and adults to be active these days: cars and computers bring many advantages but they do keep us sitting down more! We also know that being active is really important for a healthy heart and bones, especially while we are growing.

There are a few things we would like to invite you to do:

1. Give your consent for your child to take part in Let's Get Physical by sending the consent form below back to school
2. Help us find out whether the project is making a difference by helping your child to fill out the questionnaire (see below)
3. Come along to one of the community sessions to see what it is all about

Consent

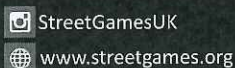
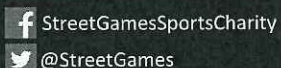
Please complete the form below, sign it and send it back to school with your child

Questionnaire

The questionnaire we ask every child who takes part in Let's Get Physical to complete tells us whether the amount of physical activity they do changes over time. All the results are anonymous; we only report the results for the group as a whole. This is the link to the survey <https://wh.snapsurveys.com/s.asp?k=153425211411&q6=lichfield&q7=2>. Your child may have answered the questionnaire at school. If they haven't, please help them do it at home if you have a computer, tablet or phone that is connected to the internet. They need to do this once at the very start of the project, and again after 3 and 6 months – but don't worry, we will send reminders to the school about that! It only takes 5 minutes each time. The information is vital for us to work out whether the project is working and also so we can get funding to keep all the sessions free!

Community Sessions

As well as running the sessions at school, we are offering free activities outside school too. These will be taking place at Life Church, WS13 6TS, or Burntwood Leisure Centre, WS7 3XH. These are free for everyone and we warmly welcome brothers, sisters, parents and other family members to come and join in the fun. Please do come and see what it's all about.



Email: info@streetgames.org Registered Charity Number: 1113542
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Remember, if you would like your child to take part in this free project at school, please complete the consent form attached and return it to your school.

There is more information about the project enclosed. If you have any questions, please do not hesitate to contact me on 01543 308835 or email ryan.hodgkinson@lichfielddc.gov.uk.

Yours sincerely

Ryan Hodgkinson
Let's Get Physical Co-ordinator