



Dear Parent/Guardian,

Rossendale School Sports Partnership have put together a number of resources to help your children and family stay active during this lockdown. It is recommended that children aged 5-18 do 60 minutes of physical activity a day, this would mean that they work hard enough that they get at least a little bit out of breath and sweaty.

January is often a month where people decide to get active and start exercising, to help encourage everyone in Rossendale to be active in 2021 we are launching our '21 Minute Challenge'. The aim is to take part in at least 21 minutes of continuous exercise every day, whether it is going out for a walk, taking part in a home learning task from school, playing out with siblings or completing a Joe Wicks workout, any form of physical activity can be recorded. So if you were to take part in the 21 minutes of activity three times a day you would exceed your 60 minutes target.

We have provided a simple activity tracker so that pupils can record the number of minutes that they achieve very time they take part in physical activity.

There are lots of online resources available for pupils to take part in, we have pulled together the best of these into age-appropriate resources for you to access. As well as these resources we will also be setting weekly challenges, sharing local walks and organising competitions for pupils to take part in whilst at home.

We would love to see what workouts you have been doing, please send in photos of you taking part and share what workout you have done. Find us on social media by searching 'Rossendalessp' or click on the link <https://www.facebook.com/Rossendalessp/> tag us in your posts and use the hashtags #21MinuteChallenge #HealthySelfie or direct message us with your photos.

Remember, physical activity is all about moving and having fun!! Make sure you take plenty of regular breaks and get outside in the fresh air, Rossendale is surrounded by natural beauty!

I hope you all stay safe and keep active!

Yours Sincerely

Nathan Bibby