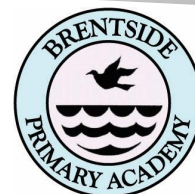


BRENTSIDE PRIMARY ACADEMY

Putting Children First

Headteacher: Caroline Crosdale



Wednesday 17th September 2025

National Fitness Day 2025- Wednesday 24th September 2025- Powered by you!

Dear Parents/Guardians,

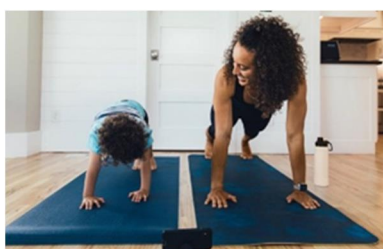
On **Wednesday 24th September** it is National Fitness Day. This is a campaign led by UKactive that highlights the role that physical activity plays across the UK, helping to raise awareness of its importance in supporting us to lead healthier lifestyles.

This year's tagline, "Powered by you" marks a fresh direction — placing you at the heart of the movement.

On this day we will be encouraging children to take part in the 10 @ 10. Your child will take part in a 10-minute exercise throughout the day with their class, this could be yoga, running a mile in the playground, playing football, dancing etc., in addition to their PE lessons that week.

With this in mind, children may come into school in PE kits on Wednesday 24th September. **Please ensure that your child is wearing suitable footwear on the day.**

Encourage them to do some exercise at home or after school (feel free to send in some photos) Below are some ideas you can use, your photos may even be used in our newsletter!



Yours faithfully,

Miss Graham-Minott
PE Lead

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