



23 November 2021

Dear Parents/Carers

O Fitness Tree, O Fitness Tree Advent Calendar

At Broadstone First we are committed to ensuring healthy and active lifestyles. With the countdown to Christmas and the opening of advent calendars only a few days away we are excited to bring you a very own Broadstone First School Fitness Tree Advent Calendar.

The Fitness Tree Advent Calendar gives our learners and hopefully their families the opportunity to complete a physical activity together every morning once they have opened their own advent calendars or just complete the calendar as a 24-day Fitness work out. The intensity and or duration of the daily activities can be adjusted accordingly depending on the level of challenge each learner is happy to take on.

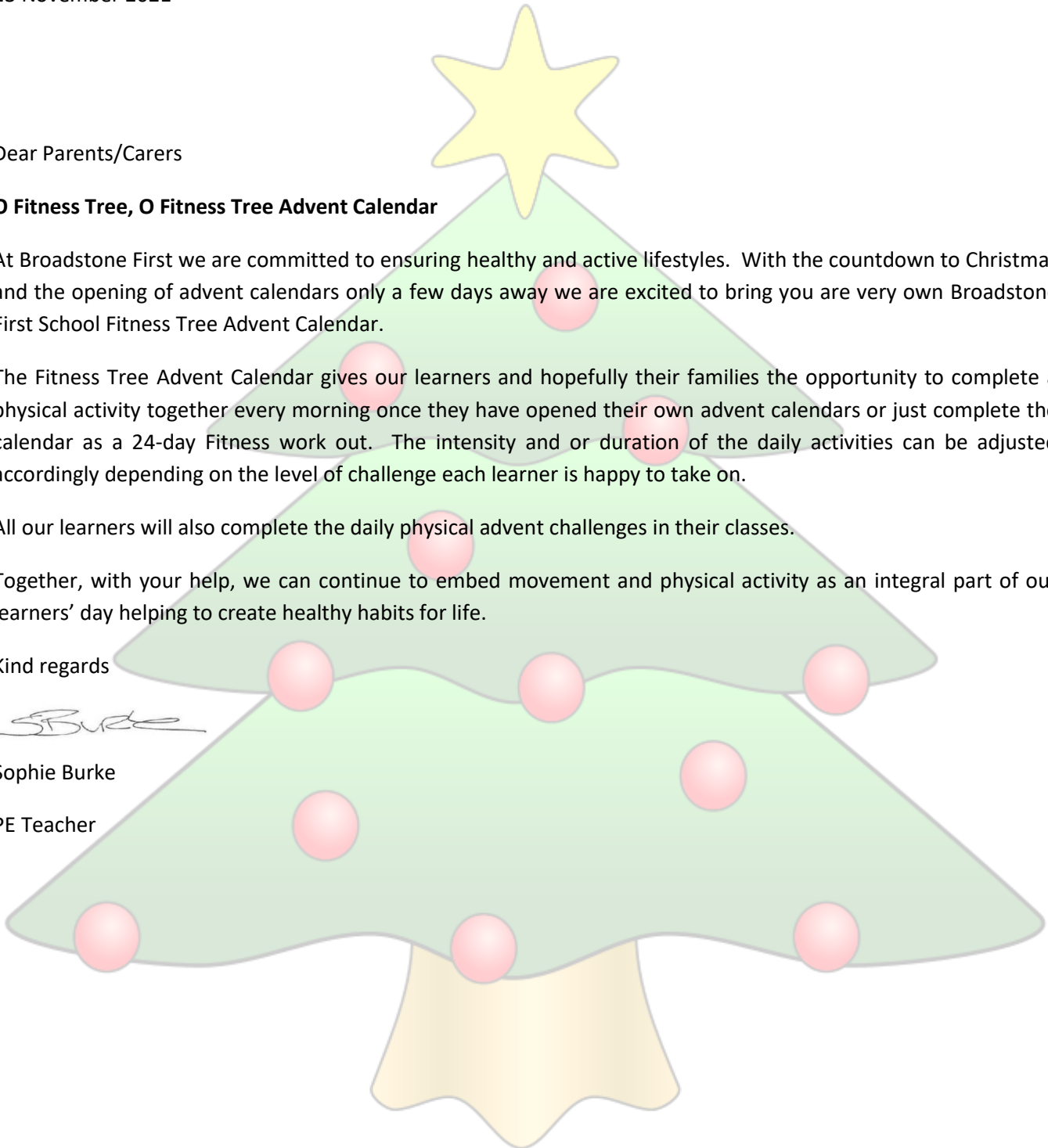
All our learners will also complete the daily physical advent challenges in their classes.

Together, with your help, we can continue to embed movement and physical activity as an integral part of our learners' day helping to create healthy habits for life.

Kind regards

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PE Teacher



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