



WOODLANDS PARK PRIMARY SCHOOL
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Headteacher: Mrs E Vollans

Admin 31
 30 January 2024



Dear Parents/Carers

RE: YEAR 5/6 BOOTCAMP CLUB – HIIT IT!

With SATs approaching, it is even more important that you are keeping active to give your mind a rest and stay physically and mentally healthy.

After February half term, I will be running a Year 5/6 bootcamp style workout club on a **Thursday from 3:30-4pm – children can be collected from Pine Martens class**. It will be 30 minutes of HIIT (High-intensity interval training) style workouts. This just means short bursts of an exercise to get your heart pumping followed by a rest. We will build up slowly and all exercises can be adapted to your own ability level. The idea is to get moving! The club will run outside, unless it is very wet. You will need a change of clothes (PE kit) and water. If you have a yoga style mat, please bring one as the session may involve some floor work.

Parents: If you have any yoga mats collecting dust and would like to donate them to the school, this would be very much appreciated.

We will start with 15 places, just in case the sessions need to move inside, but after the Easter break, this may increase as the weather (hopefully) becomes warmer. I can't wait for you to join me!

Please return your slip below by Monday 5 February so we can allocate spaces before half term.

Kind regards

Mrs Gregory

Mrs Gregory
 Pine Martens Teacher & PE Coordinator

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RETURN BY MONDAY 5 FEBRUARY. PLEASE MAKE SURE YOU COMPLETE THE END OF CLUB ARRANGEMENTS AS INCOMPLETE FORMS WILL BE RETURNED.

To: Woodlands Park Primary School

Re: Year 5/6 Bootcamp Club

Child's Name:

Class:

My child would like to attend the Year 5/6 Bootcamp. I give my permission and I will make arrangements for my child to:

***be collected at the end of the club/*walk home (please delete accordingly)**

Signed: Contact Number: Date:.....



Together we all discover, learn, grow and succeed
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