

30.4.20

Dear all

Physical and emotional well-being is vital at a time when children's lifestyles could easily become more sedentary. The Dorset School Organisers working in partnership with Active Dorset have developed fun resources and challenges to support families and schools to ensure that we can keep active and healthy during this challenging time of isolation.

The link below has a range of resources and activities should you want to access these:

<https://www.yourschoolgames.com/sgo/christchurch-and-the-purbecks/>

Kind regards

Mrs Holbrook, *CIS PE Leader*