**Key Stage 3 PE Lessons – Running**

Dear Parents

Starting on Monday 1st February, all Key Stage 3 PE lessons will involve students getting up and out of whichever room they are working in, in order to get some cardiovascular, whole body exercise.

The start of the first lesson will involve safety and supervision tips regarding running in all environments, as well as COVID etiquette when encountering other people.  We encourage all students to try and get outside of the home to take part whether that be in a local park, running on pavements, up and down the stairs, in the garden or along a corridor.

Please be aware that your child will be taking part in these activities and to outline what location and activity you feel comfortable with them undertaking prior to the lesson beginning.  If you have the opportunity, why not join them for a jog, cycle or hill run as well!

Yours sincerely

**Mr D Bartram**

**Subject Leader for Physical Education**