



Joseph Leckie Academy

Monday 17th November 2024.

Dear Parents and carers,

Our main aim at Joseph Leckie Academy is to ensure every child leaves school equipped with the tools needed for life. In combination with a proven and successful curriculum, we offer a range of enrichment and extra-curricular opportunities to students. This gives students the opportunity to develop academically, physically, mentally and improve wellbeing. It also allows the opportunity to explore hidden talents, learn new skills and build healthy habits with physical activity and sport. We know that there is a strong link between attainment and educational outcomes and the health and wellbeing of pupils. With the rise of technology, it's all too easy for young people to become sedentary and spend hours on their phones or gaming consoles, instead of being physically active.

Physical activity contributes to both good physical and mental development. It has a wide range of physical and emotional benefits, from developing muscle and bone strength, increasing concentration and educational performance and learning, to boosting mood and reducing the risk of many lifestyle related diseases. Physical inactivity is associated with 1 in 6 deaths in the UK (the same as smoking) and is estimated to cost the UK an estimated £7.4 billion each year. We know that movement makes people happier and healthier, and it does the same thing for our communities – with life-changing, sustainable benefits that have huge economic and social value.

Developing regular physical activity behaviours in childhood is crucial, as we know that children who are active are more likely to become active adults, and continue to reap the benefits of an active lifestyle throughout their life course. However, too many children and young people are not reaching the recommended levels of physical activity. The figures on inactivity are stark. One in four of us do fewer than 30 minutes of physical activity a week. This is a particular issue for children and young people from black and minority ethnic communities, teenage girls, those with disabilities and children from a lower socio-economic group.

The UK Chief Medical Officers' Guidelines recommend that children and young people (aged 5-18) should aim for an average of 60 minutes of moderate to vigorous exercise per day. Examples include; walking to school, Physical Education lessons, cycling or swimming to name a few. It is also important that the activity and exercise completed, helps to strengthen bone and muscles.



Learn together, lead together.



Joseph Leckie Academy

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Chief Executive Office: Mr James Ludlow

Associate Principal: Ms Rachel Cook



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As an Academy, we know we play a pivotal role in helping to develop positive physical activity habits by raising awareness of the importance of regular physical activity and by increasing children's exposure to fun and varied activities, as well creating more active environments so that pupils find it easier to simply move more during their day. This is certainly the case with our recently opened and brand new fully equipped fitness suite, which offers students and staff the opportunity to use specialised equipment to increase activity levels as well as our two multi-use games areas, offering students state of the art areas for fitness training and a variety of sports.

Along with our provision, parental support is vital to help children make the most of being active, all day and every day. It is, therefore, essential that as an Academy we work closely with our parents to ensure that you are able to help your child be more active. Parents and carers involvement is crucial in making sure their child's early experiences of physical activity are positive. It's important as educators and parents that we are role models and encourage your child's participation in PE lessons and extra-curricular opportunities as much as possible.

Here are some suggestions which will encourage greater activity;

1. Ensure your child takes part in all timetabled Physical Education lessons.
2. Encourage your child to attend enrichment and extra-curricular opportunities accessible before, during and after the Academy day (the timetable can be found on the Academy website).
3. Reduce the amount of time spent on sedentary activities like watching television (aim for no longer than an hour). Studies have found that the more time spent watching television, the greater their risk of being overweight.
4. The best way of encouraging children to be active is to be active ourselves.
5. Provide opportunities for children to be active by playing with them. Make physical activity part of the daily routine. Visit places where they can be active like a local park or leisure facility.
6. Children need to succeed. Ensure positive reinforcement is given when they ask to be active in and around school and the home and use physical activity as a reward.
7. Exercising regularly will not only improve physical and mental wellbeing but also help to ease anxiety, tension and stress. Keeping active has other health benefits such as feeling better, sleeping better and promoting happiness.
8. Some exercise is better than none - Each activity participated in regularly, will count towards becoming fitter and healthier!



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9. Break those 60 active minutes down into bite sized chunks across the day. You don't have to cram the daily activity into a one-hour time block, why not try breaking it down into 6x10 minute boosts across the day?

By incorporating these suggestions into daily life, will not only keep adults and young people active but also help them to develop healthy habits that can be carried on into adulthood.

As always, your on-going support is greatly appreciated.

Yours faithfully

Miss Zoe Smith

Head of Physical Education



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