



National Fitness Day

Wednesday 24th September

Monday 22nd September 2025

Dear Parents and Carers,

National Fitness Day is an annual campaign led by ukactive, celebrating the importance of physical activity in helping us all lead healthier lives. This year's theme, "Powered by you!", puts everyone at the heart of the movement, encouraging us all to take small, lasting steps toward a healthier future.

Please ensure your child comes to school in their PE kit on Wednesday 24th September unless your child is in Nursery.

How we're celebrating the day at Northenden Community School:

- A selection of classes will enjoy a PE session with a sports coach from Fifth Movement.
- Children will have the opportunity to join a lunchtime fitness activity during their lunch break.
- Class teachers will provide additional opportunities get active throughout the day, such as starting the morning with yoga.

How can you help at home?

National Fitness Day isn't just about one day of activity—it's about building healthy habits for life. We encourage you to talk with your children about how your family can take small, lasting steps to be more active together, whether it's a walk after dinner, a dance party in the living room, or trying a new sport.

Let's work together to make every day a little more active!



Article 24 from the convention on the rights of the child

Children have the right to the best health care possible, clean water to drink, healthy food and a clean and safe environment to live in. All adults and children should have information about how to stay safe and healthy.

Thank you for your ongoing support.



Ruth Byrne

Headteacher