



**\*PLEASE NOTE: PARENTS/CARERS ARE NOT PERMITTED FORWARD OR SHARE THIS EMAIL**

-

### **FUN FITNESS ACTIVITIES FOR YOUR KIDS AT HOME!**

Dear Parent/Carer,

5-a-day Fitness would like to help schools and teachers be prepared for any situation where pupils may have to stay at home, or any closures of schools might be enforced. We want to ensure children and their families have the opportunity to continue learning, and stay as active as possible, regardless of what happens over the next few weeks.

Your child's school is currently subscribed to an account with 5-a-day Fitness, which is used to boost physical activity, health and wellbeing throughout the school day.

5-a-day Fitness is a collection of online 5-minute follow-along fun fitness routines with an array of different themes, from Pirates to Superheros, and Pop to Jive. Resources can easily be used at any time, in most spaces, and without any physical equipment.

Cross-curricular language learning resources are available in French, Spanish and Welsh, and can also be easily used at home. These language videos have MFL voice-overs and optional on-screen Key Word translations, thereby improving language reading and listening skills.

The Time-2-Chill resources are 2-minute follow-along routines concentrating on relaxation, imagination, co-ordination and mindfulness, a great way to assist well-being.

There's no preparation required, simply log in, select a video routine, join in, have fun, get fit and learn at home!

5-a-day Fitness is passionate about getting school children and young people active throughout the school day, and beyond. With this in mind, the 5-a-day Fitness Team would like to offer our Pupil Home Access upgrade free to all of our subscribing schools during these difficult times, as a gesture of goodwill.

The original log on details you have been provided with will soon be switched off and school specific ones have now been issued. We are unable to share these on the website therefore, should you wish to log onto the site [www.5-a-day.tv](http://www.5-a-day.tv) please contact your child's teacher for the new log on details.

**IMPORTANT:**

**\*THESE LOGIN DETAILS ARE TO BE USED BY PARENT/CARERS AND PUPILS FROM YOUR CHILD'S SCHOOL ONLY.**

**\*DO NOT SHARE THESE LOGIN DETAILS WITHIN ANYONE OUTSIDE OF YOUR HOME/IMMEDIATE FAMILY.**

**ACCOUNT INFORMATION**

- Please use appropriate supervision and monitor your child's/children's online activity when using 5-a-day Fitness.
- Please read our term and conditions before usage
- PARENTS/CARERS MUST NOT FORWARD OR SHARE THIS EMAIL
- DO NOT share these login details with anyone outside of your home/immediate family.

TOP TIP! Bookmark [www.5-a-day.tv](http://www.5-a-day.tv) 5-a-day Fitness for easy access later.

Everyone at 5-a-day Fitness is thinking of anyone currently affected by the Coronavirus outbreak.

Have fun, get fit, and learn at home!

The 5-a-day Fitness Team.