

**National Fitness Day**

**Wednesday 26th September 2018**

**9.30am – 11.30am**

**Gledhow Sports and Social Club**

**Gledhow Ln, Leeds LS8 1NQ**

PLEASE NOTE THIS EVENT CAN ONLY BE ACCESSED BY SCHOOLS WHO ARE PART OF THE ACTIVE SCHOOLS PROGRAMME 18/19.

Dear Colleagues

**The Countdown Begins…**

We can’t all join Dame Darcey Bussell in the centre of London for a morning dance workout on the 26th September to celebrate National Fitness day… but with the support of Active Schools+ and the Leeds Rhinos Foundation we can make our own fun and show them how we do it in Leeds!

We would like to invite your school to be part of the event to be held at Gledhow Sports and Social Club. The event will involve KS2 pupils having an opportunity to come along and being involved in a mass participation of a dance routine and then partaking in a carousel of activities run by Leeds Rhinos Foundation staff.

The timings of the event are as follows:

9.30am            Arrival

10.00am          Dance Routine

10.15am          Activity Hour

11.15am          Celebration of National Fitness Day

11.30am          Depart

Each school is invited to bring a maximum of 10 children, although there may be the possibility to bring more, please email [donna.russell@leeds.gov.uk](mailto:donna.russell@leeds.gov.uk) if this is something that you would like to do.

**At this stage, we would like to know if your school would like to participate in the event. Please confirm by 4.00pm on Friday 15th September 2018 by emailing with:**

**School Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Contact Name and Details (if different to email): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**We would like to bring \_\_\_\_children (maximum of 10 / school)**

**After this date, we will email your school to confirm your place along with full details for the day.**

**If there are more schools than places available, schools will be chosen through a draw. The draw will take place, if necessary, on Friday 15th September 2018.**

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[**Link to Short Video >**](http://imovesdance.us1.list-manage.com/track/click?u=5366db2b7ab1dc283c235cbae&id=134786a0a1&e=01b5baaf85)

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