



Dear Headteacher/PE Co-ordinator

Thank you for your interest in Sport Diddy.

PE Homework

I have 3 wonderful children with 14 years of primary school attendance between them. They attend a fantastic primary school and study a wide and broad curriculum each week with regular homework tasks.

However, homework tasks in my experience don't match the broad curriculum my children study at school. In 14 years my children have never been asked to do PE homework. I would love my children to come home and tell me that their homework this weekend is to have a family game of cricket or to run around the park.

At Sport Diddy we believe PE will gain more importance in the years ahead as we tackle childhood obesity and the ticking timebomb of our children's mental health. We would like to see PE considered as a regular homework option in all schools.

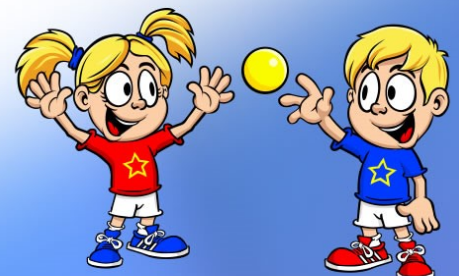
Government Childhood Obesity Plan

The Government Childhood Obesity Plan has set out the ambition for all children to take part in 60 minutes of physical activity every day, with schools being responsible for delivering 30 of these active minutes. The remaining 30 minutes are to be achieved outside of school.

How we can help

The Sport Diddy Primary School Challenges have been developed to give your pupils 30 minutes of daily activity outside of school.

We have developed 56 active sporting challenges ranging from complete beginner to insane skills for pupils to do at home. They are perfect for young children new to physical activity but will also test to their limits your most gifted and talented year 6 pupils.





What to do next?

Headteachers and PE Co-ordinators can have 2 weeks free access to our Sport Diddy Primary School Challenges. To gain free access:

1. Sign up to our web-site at <https://sportdiddy.com/> with a school email address.
2. Email sportdiddy@gmail.com requesting 2 weeks free access stating your name and the school name.

Some of the benefits of Sport Diddy

1. To get children active and off gadgets
2. Improve children's mental health
3. To help tackle childhood obesity
4. Help families have fun and spend quality time with their children
5. Build children's confidence and self-belief

What other schools say about Sport Diddy

"This resource is amazing! The Government's Obesity Plan and Active 30:30 has been developed to encourage children to undertake 30 minutes of activity in school and 30 minutes beyond school life. This programme just fits the bill. It is a perfect way to get children moving and we have absolutely loved the various challenges, all of which are suitable for all ages and abilities. These activities require little in the way of equipment and more importantly, can include family members in a fun way. I would highly recommend it!

Karen Saunderson (PE Co-ordinator) Richard Taylor Primary school

