

Runnymede St Edward's Catholic Primary School

Inspire, challenge and support through faith

North Drive
Sandfield Park
Liverpool
L12 1LE

Head Teacher: Miss K Peaston



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1st November 2022

Dear Parents/Carers,

Last year our school working in conjunction with the Liverpool School Sports Partnership (LSSP) took part in the rollout of a new fitness app called Afitar® designed to help get the children and their families more active. Afitar® is a mobile fitness app that connects walking with an action puzzle game. The more you walk in real life, the stronger you become in the game!

The trial that we took part in last year was very successful with Runnymede being the most active school in the Liverpool trial. The app is now being rolled out nationally and we are again looking to take part in the inaugural **Afitar® National School Fitness Challenge** and be crowned the most active school in the UK.

Like the trial, we are asking as many pupils and their families as possible to take part in the competition running from Monday 31st October to Saturday 10th December 2022.

Staying fit and active is very important and this hopefully shows that it can be done in a fun and engaging way that will involve the whole school community working together.

The latest industry statistics show that nearly 60% of children and young people do not do the minimum amount of recommended exercise, with a further 33% failing to do any exercise outside of school. The recent pandemic has highlighted the importance of regular exercise and it has been well documented that the lack of exercise in the early ages has a detrimental impact on long term health in adulthood. The introduction of smartphone and gaming is often cited as a reason for the increased inactivity levels. However, given that technology is here to stay, we should embrace it and try to make it part of the solution. This is supported by Sport England's 10-year vision where they have prioritised developing inclusive and sustainable digital solutions that improve the experience of people taking part

The app is free to download and instructions are below to help you get started. Children must please ensure they have permission from an adult first and that the adult has read the Terms & Conditions of using the app. Your data will be kept confidential as outlined in the privacy statement at www.rocketimpact.com/terms



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To participate please follow the instructions below:

- Go to the App Store/Google Play and search for **Afitar** and download the app
- Once installed open the app and create a new account by pressing on SIGN UP at the bottom of the login screen
- Once you have entered your details click to agree the terms and conditions and then click register
- Once you are registered click on *Groups* at the bottom of the screen
- Go to Search on **Afitar** and search for Runnymede St Ed then press *Join* right next to the group name and you will join our school group
- When you have joined the group, you can have lots of fun setting up and customising your avatar, as the days progress and you walk more you will earn coins that you can use to upgrade your avatar in the app

Then it's over to you, get as many members of your family and our school community involved as possible. Remember, the more you walk, the more steps will count towards our schools total and the higher you and the school will be the League Table.

Each time you go for a walk, use the *GET FIT > QUICK START* option to record and track your steps. All steps will be added to the overall School total and will be reflected in the league status. The league ranking will be based on each School's average steps (rather than the total). This will ensure that we remain inclusive of all levels of fitness and that we encourage team work and try to encourage and motivate each other.

Mr J Quilty

PE & Extra-Curricular Coordinar



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