Email: office@norwoodschool.co.uk Telephone: 01733 574717
Website: www.norwood-school.co.uk

Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

Norwood Primary School
Gunthorpe Road
Gunthorpe
Peterborough
PE4 7DZ

Aim High Never Give Up Follow Your Dream Lead By Example

Tuesday 20th October 2026

Dear Parent/Carer,

Norwood school would like to invite your child to participate in a tailored exercise initiative for Year 6 pupils delivered by Fitness Rush Community CIC. This programme is specifically designed to support children with the upcoming transition to secondary school.

The programme will use regular physical activity to encourage confidence, positive communication, cooperation and engagement. These experiences can help pupils practise skills that will support them with this process.

Fintess Rush's mobile gym will be brought onto the school site, creating an active and welcoming setting where pupils can take part in structured exercise. Activities will be tailored to individual needs and adjusted for all abilities, so each pupil can participate at a suitable pace and experience success.

Programme schedule

- Begins Tuesday 10th November 2026 during the normal school day
- Sessions, each lasting 45 minutes
- Activities adapted to pupils' needs and abilities
- Delivered by qualified staff

This is a valuable opportunity that is being provided at **no cost** to parents/carers.

Should you wish your child to participate, please complete the reply slip below and return to Norwood School as soon as possible and no later than **Monday 2nd November 2026**.

In addition to this, please follow the link below to register your child and complete the necessary contact and medical information. (This link is provided by Fitness Rush and is not accessible to Norwood School Staff)

https://form.jotform.com/250876596182066

Kind Regards

Mr Reynolds
Year 6 Teacher

Mrs D Reynolds
Head Teacher

Fitness Rush Transition Programme

My child _____can/cannot take part in the transition programme being delivered by Fitness Rush starting on the 10th November 2026.

Signed: _____ (Parent/Carer) Date: _____