



West Moors Middle School

Thriving to achieve our best – Together.

Dear Parents / Carers

I just wanted to write a few comments about how incredibly proud I am of all of you that have taken part in our online fitness lessons. Some of you may be aware that before I became a teacher, I used to work as a personal fitness trainer and it is so rewarding to see your levels of fitness improve over the weeks. During the previous lockdown, it was noticeable that many of us lost aspects of our fitness, so for me, it was really important to keep you all active with our online live lessons. We have covered many types of lessons ranging from circuit training, aerobics, strength, aerobics and yoga.

It really has been inspirational seeing you all online every lesson, some of you with your younger siblings, some with your parents and carers and some of you with your pets! It has also been fantastic to keep the sense of our WMMS community spirit alive with many of you opting to share your screens and contribute to our sessions. You are all amazing and I am also immensely proud to be your PE teacher!

There are lots of activities that you can continue over the holiday, in the PE Covid folder, if you like me need to keep yourselves active. There are also two challenges for you to try (logo competition and kit competition). I would love to see your pictures, similar to the one below of Kimberley, of you keeping healthy and active. I wish you all a relaxing break and I look forward to seeing you all for some new exciting challenges when we get back.

Mr Malone



MOVE IT WEEK - LOGO COMPETITION

What: We need you to design a logo for our annual summer festival - MOVE IT WEEK!

When: The winning design will be professionally printed & used as part of the festival

Theme: Eye-catching, bold and memorable. Think about making more: having fun & enjoying being active & should contain the words 'MOVE IT WEEK'!

How: Create your logo & submit your entry - <https://www.submittable.org/submit/garwood/school>
For submission entries email to: submittable@westmoorsmid.dorset.sch.uk
Entries close Friday 20th Feb



