



# Windsor Park C.E. Middle School

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Windsor Park C.E. Middle School  
Springfield Road  
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Staffordshire  
ST14 7JX

11<sup>th</sup> June 2018

Dear Parents/ Carers,

On Tuesday, July 3<sup>rd</sup> Eden Francis, who is a professional discus and shot putt thrower will be visiting the school. Students can attend school in their sports/gym kit or their PE kit. We are asking for a £1 donation and all money collected will help Eden Francis with her training for the Olympics in Tokyo 2020.

As part of the visit, Eden will be delivering an assembly to the whole school about her career, as well as giving information about how to get involved in sport and about the nutritional needs to keep the body in optimum condition. This will then be followed by a question and answer session.

Finally, the students will all be taking part in a sponsored fitness circuit, under the supervision of Eden. This will help to improve the students' awareness of health and fitness.

The circuit that the children will be taking part in will be suitable for children of all abilities and will consist of the following;

- Burpees (all over body conditioning)
- Leg Drives (builds core and leg strength)
- Full or half press ups (builds upper body strength)
- Triceps dips 30 seconds (good for arm, trapezius, upper back conditioning)
- Star Jumps

Yours faithfully,

**Mr A Hedley**  
**PE Department**