



Hannah Freeman  
Acting Headteacher  
Biggin Hill Primary School  
Old Tye Avenue  
Biggin Hill TN16 3LY  
01959 575846  
www.bigginhillprimary.com  
admin@bigginhillps.com

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Dear Parent/Carer,

We have subscribed to a full account with 5-a-day Fitness including home access for pupils. 5-a-day Fitness is the ultimate fun fitness resource for primary schools.

“Increase your child’s daily physical activity with their online 5-minute exercise routines, and 2-minute chill-out routines.”

Many of the resources are also available in French, Spanish and Welsh to help promote cross-curricular language learning. The Home Access allows pupils and parents/carers to use 5-a-day Fitness resources at home, helping to keep children active and healthy after school, at weekends, and over the holidays. There’s no preparation required, simply log in, select a video routine, join in, have fun, get fit and learn at home!

The children use 5-a-day in school and it is very popular! This is an **optional extra** for your children to have a go at home as part of keeping them physically active and increasing their exercise.

For parent/carer and pupil home access, please contact the school.

Please visit <https://player.5-a-day.tv/> to login.

**TOP TIP!** Bookmark 5-a-day Fitness on your computer for easy access later.

Best Wishes

Mrs Sanford  
Class teacher and PE Lead

