



# The Federation of Mowden Schools (Academy Trust)

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Dear parent/guardian,

We know active, healthy children achieve more. At school, we have created an enabling environment where EVERY child feels included, valued, challenged and supported to achieve their maximum potential in PE, school and life.

Your child participates in **real PE** lessons to develop their Fundamental Movement Skills and important life skills such as personal, social, cognitive and creative skills. Our school also has home learning support through **real PE** at home where children can continue to be active through fun games and activities on their own and with a sibling, parent, guardian or other family member.

To access real PE please find your child's login details at the back of their homework diary.

Click [\*\*here\*\*](#) to view more information including a short video on how to use **real PE** at home.

We hope you enjoy exploring **real PE** at home and have fun playing the games and activities.

Kind regards

Mrs Walker & Mr Garmston