



**Shacklewell Primary School**  
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*Headteacher: Ms Nicole Reid*

Monday 13th November 2017



Dear Year 3 Families,

**Personal Best and Year 3**

I am delighted to let you know that Year 3 have been invited to take part in the Hackney Personal Best programme courtesy of Young Hackney.

This is an Olympic & Paralympic Legacy sports and healthy lifestyle programme that uses sport to enthuse children to improve ***to be the best they can be.***

During the Spring term during sessions led by both Hackney Fitness Ambassadors and our very own Fit for Sport coaches, the children record personal best distances and times in a series of athletic disciplines always aiming to beat the time and/or distance set in the previous session.

The children work to towards a Year 3 Personal Best Final. We will also have the opportunity of taking part in the Summer Hackney Schools Personal Best Final. Exciting!

Warm wishes,

**Patrick Middleburg**  
PE & Sports Leader

