

Thomas Telford PE

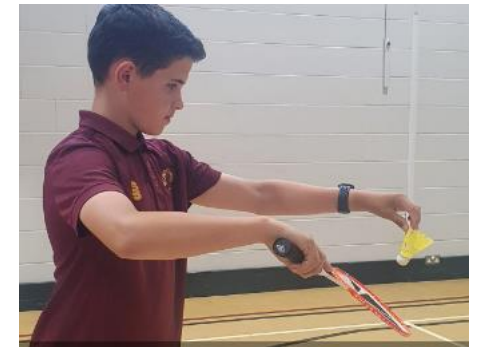
PE is, and will be, a huge part of your time here at Thomas Telford School.

The PE department would like you to complete an A4 poster on: **The importance of Fitness and Healthy Diet**

Top tips:

Use the internet to help you- facts are interesting! Use colouring pens/pencils to make it eye-catching Pictures will make it come to life!

Please bring your posters in September and give to Mr Plant at the swimming pool



Thomas Telford School
QUALITY THROUGH COOPERATION