

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 Miss Fothergill 😊

