# Courthill Infant School

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24th September 2026

Dear Parents / Carers

**Introducing 'Healthy Movers'**
We are excited to announce that Courthill have introduced the Healthy Movers programme to boost the physical and personal development of your children. Developed by the Youth Sport Trust, Healthy Movers is a series of fun, play-based activities designed to build fundamental movement skills, confidence and well-being in young children.

**What are the benefits for your child?**
The programme uses simple activities to help children in the following areas:

- **Physical skills.** Your child will improve their balance, co-ordination and object control. This builds their physical literacy and can even help with fine motor skills like holding a pencil.
- **Confidence and creativity.** Through creative, play-based challenges, children will gain confidence in their own abilities and learn to think on their feet.
- **Communication and social skills.** The programme provides opportunities for children to practise listening, following instructions and interacting positively with their peers.
- **Emotional well-being.** By increasing physical activity, we can help improve your child's happiness and engagement in their learning.
- **School readiness.** Healthy Movers is proven to help children be more ready for school, with better concentration and listening skills.

**What does the programme involve?**
Your child will take part in a variety of activities that involve moving, balancing and playing, both indoors and outdoors. We will embed these activities throughout their daily routine to keep them engaged and active.

**How you can help at home**
We believe that positive habits are most effective when reinforced at home. You can help by encouraging active play and physical activities as a family. To support this, we will send home activities that we have taken part in during school and/or a special Healthy Movers Home Pack with simple equipment to help you continue the fun at home.

Please feel free to ask a member of staff if you have any questions. We look forward to seeing your children become confident and happy Healthy Movers!

Many thanks,

The Reception Team