

SHEFFIELD MOVE IT DAY 2017



My name is _____ and I teach at _____ . My

school is taking part in Sheffield Move it Day on Friday 30th June 2017. I am making a personal pledge to deliver at least _____ active classroom based lesson(s) every week following the Sheffield Move it Day to help my students reduce their time spent sedentary and improve their overall Health and Wellbeing.

Please tweet your signed pledges using #SheffMoveItDay

