



ACTION 3:30



Dear Pupil,
This page will tell you all about the Action 3:30 project. If you have more questions, just email one of the Action 3:30 team or ask your teacher.

1

What is Action 3:30?

Action 3:30 is a new physical activity project for Year 3 and 4 pupils. There are two different parts (1 and 2), and both are very important for our research.



2

What is PART 1 of Action 3:30?

All children who take part will get to do Part 1:

- Use **Tablets** to answer questions about your activity.
- Wear an **activity belt**.
- Have your height and weight measured in private.



3

What is PART 2 of Action 3:30?

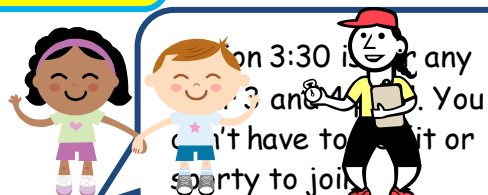
If your school is selected, you could take part in Part 2:

This will be a fun after-school club where you can learn active new games and play with other Action 3:30 club members.



4

Who can be involved?



Action 3:30 is for any Year 3 and 4 pupils. You don't have to be very sporty to join.

5

I like the sound of this! What now?



If you think Action 3:30 sounds fun, you need your parent or carer to sign a form for you to join. Take your form home so they can read it.