



# ASKERN LITTLEMOOR INFANT ACADEMY



## **Box 2B Fit Family Day - Wednesday 18<sup>th</sup> March**

Dave Gibson from Skip2Bfit will be visiting Littlemoor again on the 18<sup>th</sup> March 2026. Your child has previously enjoyed many Skip 2B Fit and Box 2B Fit sessions in school. This time, we would love **you the parents** to come along and **JOIN IN** with your child.

'***Get Fighting Fit without Getting Hit***' the Championship Challenge. Box2bfit is a circuit training based workout where you will be working together in pairs with your children to complete 10 stations. You will spend two minutes on each station, swapping exercises with your children half way through. You will have a one minute rest between stations.

Your child will be taking part in the Box2bFit challenge at **9.00am – 10.00am.**

The session aims to encourage physical activity whilst having fun and are for all ages and abilities! **Parents are to attend and join in!**

**Due to space in the school hall we will only have room for one parent to attend. Please note that younger children cannot attend for health and safety reasons.**

Please click the link to complete the form to let us know if you will be attending.  
[Box 2b Fit - Wednesday 18th March – Fill out form](#)

We hope to see as many of you there as possible.

Kind regards,

**Mrs Robinson**  
**PE Coordinator**