**Dear Entrant**

Thank

you for responding to our request for marshalling and other assistance, and of course for supplying us with your email address.

We put this to good use right away by supplying you with this latest version of our new **Fitness Challenge 2022** entry form, as discussed in our recent Support meeting.

You will note that there is no provision for the person’s weight – either starting weight or and goal weight – on the entry form. This is deliberate: the primary goal of Fitness Challenge is not for people to shed kilograms (although this might result as a spin-off), but for people to become physically fitter.

You are welcome to use this entry form yourself, in case you would like to become an active participant yourself, or to forward it on to any others who may be interested . Either way, we believe that *electronic* is the environmentally friendly way to go, as we head into a more paper-free future – and a fitter one.

Please let us know if there is anything else you would like to know.

Kind regards,

Ms J.M. du Pre  
***Excel High: Sports Coordinator  
074689211***

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**Entry Form**

**Surname, Initial**

**Date of Birth**

**Cell phone**

**Exercise Type: Walk / Jog / Run** *(Please circle your choice)*

**Wed + Sat:** *(Please tick)*

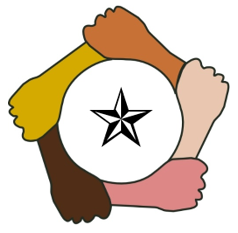


**We’ll ALL get there – even if the fittest gets there first!**

|  |  |  |
| --- | --- | --- |
| **Response** | **%** | **Mean Achievement** |

## Reading and emotions

One program that proved to be quite good at improving teenage students’ ability to read, is called STARI. We can use this program to give underperforming learners a series of extra books to read and exercises to do, to help them learn to read better. **So let’s join hands to make a difference.** It all boils down to each of us taking a measure of responsibility for the good of all. Selecting appropriate, ‘likeable’ texts and then motivating for their inclusion in libraries and centres of learning is half the battle.



But what makes a piece of writing ‘likeable’ to a teenager? This has also been the focus of various studies, and it has been shown that teenagers usually like to read written material if that material is

* relatable relevant
* interesting
* accessible (easy enough to understand)