

Health and Fitness Week

19th-23rd March

A week full of activities to get the hearts racing and the blood pumping! Have a look and see what we will be getting up to during our special school week.

Monday 19th March: Famous Athlete Day

We will be joined by **Team GB discus thrower Adele Nicoll**. Adele is the former British champion and has qualified for the Commonwealth games in April. She will lead an assembly and work with each year group. We will also be spending the day researching famous sporting stars. Year 3 and Year 4 will continue their skateboarding lessons.

In our classes, we will be trying to complete a mile a day around the playground. We hope to beat our time each day!



Tuesday 20th March: Heptathlon Rotation Day

The whole school will be split into teams and will compete to win points across a range of sporting activities. The activities will be led by teachers and teaching assistants around the school. At the end of the day, the points will be added together and the winning team will collect a special prize!

Wednesday 21st March: Trip to Weymouth Outdoor Education Centre (WOEC)

We are delighted to offer this amazing opportunity to all of our children at Frome Valley. All classes will be spending time at WOEC during the day and will have the opportunity to take part in a range of adult-led activities, including climbing, tunnel fun and team challenges!

Reception, Year 1 and half of Year 2 will be visiting from **9.45-12.30**.

The other half of Year 2, Year 3 and Year 4 will be visiting from **1.00-4.00pm**.

change 4 life

Throughout the week, we will be encouraging children to try some alternative fruits and vegetables at snack time, that we will provide. Please speak to the office/class teacher about any allergies that we are unaware of.

Thursday 22nd March

On this day, each class will take part in an archery session.

We will also have KZDance visiting us all the way from London. They are a dance group specialising in Bollywood style dance. They will teach each class a routine which will be **performed for the parents at 2.30pm on the playground**. There will also be an opportunity for parents to join in the fun! We ask that children **dress in brightly coloured clothes** that they can easily dance in.

The PTFA have organised First Aid Training for Children, where the children will be learning basic first aid skills.



Friday 23rd March



Children are asked to **bring in a bike or scooter to school**. This is so we can complete a sport relief challenge. We aim to all cycle or scoot 1 mile around the playground. **Please bring in a voluntary donation that will go towards the sports relief fund.**

Also on this day, we will be joined by Anna Carpenter (a member of the GB sailing team) who will be visiting us and telling us all about her achievements so far.

Aswell as this, each class will take part in a golf session where they will learn some basic golfing skills.

Trevor Senior (ex-professional premier league football player and coach at Dorchester FC) will be continuing to teach football skills in school.

Children are allowed to wear comfortable active clothing all week. They are not required to wear school uniform! Please remember that Thursday is 'bright clothing'.

A big thank you to the PTFA for helping us to fund our special school week and for organising

'first aid for children'.



We have provided many of these amazing opportunities thanks to the PE and Sport Premium funding, a government grant that all schools receive to improve sport in Primary schools. On Friday, we will send home an evaluation of this special school week for you to complete with your child. This will help us to see what the impact of this special week has been.