

# Health and Fitness Week

**4th-7th April 2022**

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 4th April: Outside Health and Fitness Day!

We will be spending the day outside doing a range of different activities. Each class will have the opportunity to do:

- skateboarding or scooting with Team Rubicon.
- a Forest School activity with Miss Dixon.
- a village walk and litter pick with Miss Padfield and Mrs Ashby as a part of the 'Great Big School Clean' Eco-schools initiative.
- orienteering with Mrs Schoorens.
- an outdoor art activity with Mrs Hunter.

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 5th April: Fitness Fun Day!

The day will inspire the children by learning about how we can keep fit and healthy whilst having lots of fun! We will 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 come to school **dressed in brightly coloured clothes** that they can easily dance in.



## Wednesday 6th April: Mental Health and Well-being Day!

We will be spending the day learning about the importance of looking after our mental health and learning different strategies that all children and adults can use to help do this. One activity will be making a 'calm bottle'. **For this, we please ask for plastic bottle donations.** The size preference would be a standard water bottle size (500ml) and clear plastic with a lid if possible! Thank you in advance.

**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: Healthy Eating and Cooking Day

The children will spend the day learning about the importance of a healthy diet and they will spend time investigating the sugar and fat content of different foods. A very important aspect of the day will be learning more about 'plant-based diets'.

We are also going to be working closely with some local food providers, including 'The Watercress Company' and researching into the impact of 'food miles' on our planet.

The children will be making and eating a variety of different healthy foods on this day, so please do let us know of any allergies that we need to be aware of.

**Children are allowed to wear comfortable active clothing all week. They are not required to wear school uniform! Please remember that Monday is 'Outside Day' so weather appropriate clothing is required! Tuesday is 'bright clothing' if possible please.**



For our special school week competition, we would like the children to design a plant-based menu. The menu should include a starter, a main meal and a dessert! Pictures of the foods are not required, however, if anyone would like to draw their designs, we would love to see them!

There will be a prize for the most delicious plant-based menu in each class.

Please can competition entries be returned to school by **Tuesday 5th April**. This will give us enough time to look through all of the entries and decide on the winners!

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



We have also 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.

