

## Health and Fitness Fortnight Newsletter

From Monday, Broadoak will be hosting its second Health and Fitness Fortnight. The event aims to engage children in a wide range of activities that promote keeping their body and mind healthy. Activities will include sporting challenges, an opportunity to complete a daily run, activities that explore balanced diets and healthy living, Sports Days plus much more.

In order to ensure that parents are kept informed of all the exciting events, we will be tweeting regular updates and photographs using [#BroadoakHFF18](#). If you have not yet followed us on Twitter, our school account is @Broadoak\_ps. For those parents who do not access Twitter, all posts will be streamed directly onto the homepage of school website or can be viewed by downloading the school app..

The week will be launched through an assembly on Monday which will be led by representatives from our sporting provider EdStart. During this, a range of events will be shared with the children, plus an exciting teacher challenge will be launched (don't tell the staff yet as this will be a nice surprise!). We will also be posting daily challenges on Twitter and will be encouraging both children and parents to participate and post via Twitter their achievements (don't forget to tag @broadoak\_ps and [#BroadoakHFF18](#) to ensure that your achievements are shared).

Following our successful 'Danceathon' last year, this year we will be using the event to provide us with the opportunity for all the children to take part in a sponsored 'Triathlon' event on Friday 29<sup>th</sup> June. The money raised from the event will be used, alongside Sports Premium Funding to allow us to commission the installation of our very own running track. This development would allow us to promote the importance of regular exercise by embedding the opportunity for daily exercise for all children. During this event, each year group will take their turn in completing a triathlon, including running, skipping and dancing. Classes will be given time slots to compete and a supporters area will be set up to allow parents to come and cheer on if they so wish. Weather permitting, this event will be held on the school field and should prove to be an exciting and memorable event for all involved. Each child will be bringing a sponsor form home on Monday that can be completed and returned to school by **Thursday 28th June**.

The fortnight will then end with an assembly to celebrate personal achievements, where awards will be given to both children and staff and it will provide an opportunity for all the children and staff to come together and share outcomes from the different events.

In order to ensure that the children are prepared for the wide range of activities, we would like them to come into school for the full two week period in suitable sports clothes (shorts, leggings, tracksuit bottoms, t-shirts, football shirts etc). Please note this can be the children's PE kits and pumps. Jeans are not appropriate and footwear needs to be suitable for sporting activities. The children should also bring in a water bottle and if the weather is warm, a sunhat.

Below is a draft outline of some of the activities the children will be completing in week one. The class teachers and sports coaching staff will then be planning and delivering additional sessions. I am sure you will agree, the fortnight proposes to be a fun filled time in school.

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Mile – All year groups				
Launch Assembly Hot Foot Dance Session	Diane Modhal Assembly (KS2) Dance/Gym Session - Nursery	Ayaz Bhuta Assembly (KS2) Disability Sports Session (Y4/5/6) Fitness Session – Reception KS1 Sports Day	Skipping Workshop – Y3 KS2 Sports Day	Disability Sports Session (Y1/2) Scoot Fit (Rec – Y3) Early Years Sports Day