

### Friendly Reminder

As the weather in Britain can be so unpredictable, please ensure that your child brings in a water bottle, sunhat and that sun cream has been applied in the morning and brought into school for reapplication if necessary.

### LKS2 World Cup Day

Year 3 and 4 enjoyed a fun packed day competing in Broadoak's very own World Cup Competition. The morning saw all teams taking part in the group stages, with then all teams progressing to either the Plate Cup or the World Cup. Congratulations to the World Cup Winner Costa Rica.



## Health and Fitness Fortnight Newsletter

@broadoak\_ps #BroadoakHFF19

### Skip2BeFit

On Thursday a Skip2BeFit workshop was held for all children in Y2 - Y6. The coach taught the children skipping skills and challenged them to take part in the 2 minute challenge. In the assembly at the end of the day, the top child and staff member had a skip off. Well done Coley for beating Coach Kim!



### Coach Miriam's Dance Workshop

Today all the year groups took part in a Disney themed dance workshop. Coach Miriam capably led the children in the rehearsal of various routines, resulting in an end performance by all. Fantastic job everyone you busted some brilliant moves.



### Disney World Progress Update

After our first week running on our new running track, we can now officially reveal how many miles we have achieved at the half way point:

**2490 miles**

### Healthy Eating Workshop

On Tuesday, the children took part in a Healthy Eating Workshop. The session aimed to develop the children's understanding of the importance of a healthy balanced diet and the unexpected sugar contents of drinks. This helped the children understand the importance of diet alongside fitness and wellbeing.



### HFF Week 2 Timetable

| Monday                         | Tuesday                       | Wednesday           | Thursday                   | Friday                               |
|--------------------------------|-------------------------------|---------------------|----------------------------|--------------------------------------|
| Daily Mile - All Year Groups   |                               |                     |                            |                                      |
| Key Stage One Football Morning | Rugby Sessions                | KS1 Sports Day - am | Mountain Monkeys -         | Celebration Assembly                 |
| Bike Right (6D) - all week     | Captain Confidence            | KS2 Sports Day - pm | Climbing Wall              | Sponsored Run to Disney World        |
| Y4 Man Utd Football Finals     | EYFS Sports Day               |                     | Y5 Man Utd Football Finals | (See Parent Timetable on Newsletter) |
|                                | Y5 Athletics - Team Selection |                     | Y6 Lacrosse                |                                      |