



6th June 2022

Dear Parents/Carers

Get Active week Monday 20th – Thursday 23rd June

Government guidelines recommend that ALL children aged 5 and over should take part in 60 minutes of physical activity each day to maintain a basic level of health. Children should participate in 3 types of activity each week: aerobic exercise, exercises to strengthen bones and exercises to strengthen muscles. It is advised that they should take part in 60 minutes of physical activity each day and, at Fairlands, we aim to encourage 30 minutes at school and 30 minutes at home.

In order to inspire the children to develop healthy lifestyles and strong habits for life, we will be holding our 'GET ACTIVE' week across the school and each day, all children will have the opportunity to participate in a different physical activity. Activities include: a whole school run; an inter-school handball tournament arranged by our Y5 sports leaders; applying our new maypole dancing skills; a homework activity; and Sports days held in phases. **Children will need to have their PE kit, suitable outdoor footwear and a water bottle in school every day throughout the week.**

Sports Day Information:

9.15am – 11.30am <i>(all dates are weather dependent and timings are approximate)</i>		
Lower phase (Nursery, Reception and Y1) Tuesday 21 st June	Middle phase (Y2 and Y3) Thursday 23 rd June	Upper Phase (Y4, Y5 and Y6) Wednesday 22 nd June

- Children should turn up to school with a water bottle and be dressed in their PE kit and suitable outdoor footwear. Please remember to provide your child with a sunhat and apply sun cream before arriving in the morning.
- We would love to have as many spectators as possible. After dropping off your child, please make your way to the Sports Day field on the Upper site, through the gates in the parent car park.
- Toilet facilities for spectators will be available in the main building and can be accessed by entering through the main entrance by the office.
- We are hoping to finish by 11.30am each day in order for the children to get back to their classrooms ready for lunch.
- Lunches will be available as normal on each day; the children will be eating in the dining hall as normal.

Yours sincerely

Mrs Jeffries and Mr Barnett
PE Subject leads

Headteacher: Mr Robert Staples BA (Hons)

Tel: (01438) 351053 Fax: (01438) 750116 E-mail: admin@fairlands.herts.sch.uk Web: www.fairlands.herts.sch.uk

Fairlands Primary School is part of The Claxton Trust, a charitable company limited by guarantee and registered in England and Wales with company number 10461895. The registered office is at Fairlands Primary School, Pound Avenue, Stevenage, Herts SG1 3JA