



19<sup>th</sup> May 2023

Dear Parents/Carers

## **Get Active week Monday 19<sup>th</sup> – Thursday 22<sup>nd</sup> 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; Multi sports on the field; a homework activity; and Sports days held in phases. **Children will need to have their school PE kit, suitable outdoor footwear and a named water bottle in school every day throughout the week.**

### **Sports Day Information:**

915am – 1130am <i>(all dates are weather dependent and timings are approximate)</i>		
Lower phase (Nursery, Reception and Y1) Wednesday 21 <sup>st</sup> June	Middle phase (Y2 and Y3) Monday 19 <sup>th</sup> June	Upper Phase (Y4, Y5 and Y6) Tuesday 20 <sup>th</sup> June

- Children should turn up to school with a named water bottle and be dressed in their school 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 1130am 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.

**Please note, Conkers PM are invited to attend the morning session from 8.30am – 11.45am, on Wednesday 21<sup>st</sup> June. There will be no afternoon nursery (for both Acorns and Conkers) on Wednesday 21<sup>st</sup> June. Collection time for all children will be 11.45am.**

Yours sincerely

Mr Holgate, Mr Barnett and Mrs Palmer  
PE Subject leads

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**Headteacher: Mr Robert Staples BA (Hons)**

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