

GET ACTIVE week at Fairlands

Monday 17th - Friday 21st June

Developing strong, healthy habits for life!

Gymnastics
Handball
Dance



Speed stacking
Running
Sports day

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 a '**GET ACTIVE**' week across the school and each day; all children will have the opportunity to participate in a different physical activity.

Wednesday 19th FUN RUN

ALL children are invited to come to school dressed as their favourite sportsperson or sporting inspiration/hero. We kindly ask for a donation of **£1** to raise money for PE resources. The whole school will be set homework relating to this and will present this in classes.

In the morning, all children will take part in a fun run in and around the school grounds. We are hoping that this will encourage children to take part in Junior Parkruns (a free weekend activity based at Hampson Park).

Wednesday 19th SPORTS FAYRE

Local sports clubs will be in the **Upper hall** to hand out information on activities available in the area and encourage daily physical activity. If your child is in **Early Years, Y1 or Y2**, you are invited to take a look around **BEFORE** collecting your children at the end of the day, from **2.45pm** onwards.

If your child is in **Y3 to Y6**, you are invited to take a look around **AFTER** collecting your children at the end of the day, from **3.15pm** onwards.

Pick-up time is the regular time for all children.

Thursday 20th SPORTS DAY

Nursery and Reception Sports day will take place in the **morning** of Thursday 20th June.

KS1 (Y1 and Y2) Sports day will take place in the **afternoon** of Thursday 20th June.

For full details please see attached letter.

We look forward to seeing as many of you as possible.

Friday 21st SPORTS DAY

Y3, Y4, Y5 and Y6 Sports day will take place in the **morning** of Friday 21st June.

For full details please see attached letter.

We look forward to seeing as many of you as possible.

Forest colours for KS1 and KS2 Sports Days

Dean - Blue	Heartwood - Red	Sherwood - Green
Cherry / Elder / Hazel / Lime / Poplar / Walnut	Cedar / Fir / Holly / Laburnum / Spruce / Whitebeam	Chestnut / Elm / Hornbeam / Larch / Pine / Willow