



Friday 5<sup>th</sup> March, 2021

Dear Parent / Carer,

We are looking forward to all of the children returning to school next week. PE and school sport are, as always, an important part of our curriculum and impacts on the well-being of the children.

***'Your physical health has a big impact on how you are feeling emotionally and mentally... doing exercise and other physical activity can have a positive impact on your mood, improve your sleep, and reduce stress and anxiety...' (Public Health England).***

All classes will have two dedicated PE lessons each week. Mr McTiernan, alongside your child's teacher will be delivering these sessions. The children will need to wear their full PE kit to school for their PE days. PE will commence from Monday 8<sup>th</sup> March and is organised as outlined below:

Nursery	Wednesday AM	Wednesday PM
Reception	Tuesday	Friday
Year 1	Monday	Thursday
Year 2	Tuesday	Thursday
Year 3	Monday	Thursday
Year 4	Monday	Friday
Year 5	Tuesday	Friday
Year 6	Thursday	Friday

Just to remind you that we place a real emphasis on ensuring our pupils are active – we can see some future Olympians already and we want to nurture this! Through our rigorous planning, pupils will take part in a range of activities that incorporate exercises that are aerobic and exercises that strengthen muscles and bones – as recommended by the NHS:

***Children and young people should:***

- ***take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones***
- ***reduce the time spent sitting or lying down and break up long periods of not moving with some activity.*** (NHS)

Year 6 already know this from their science learning!

Thank you for all of your support,

Mr Gunn and Miss Vickers  
PE Leads

*Welcome - Love - Inspire - Respect - Patience - Community*

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