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INGLEBY MILL PRIMARY SCHOOL
HEALTH AND FITNESS WEEK 26th JUNE - 30th JUNE 2023

Dear Parent/Carer,

This is a themed week for the whole school in which the children will have lots of opportunities to be active and learn about healthy eating. Each class will be trying out new sporting activities, this will include the Sports Days as set out below.

Years 3, 4, 5 and 6 - Monday 26th June
Reception, Years 1 and 2 - Thursday 29th June

The events will all start at 1.30 pm.

All the activities will be taking place on the various playgrounds and field. We would like you to come along and support your child on the appropriate day(s). If the weather is unsuitable, we may have to cancel Sports Day. **We will do the events with the children on the next suitable fine day; unfortunately, we will not be able to invite parents and families into school on this occasion.**

The children need to wear normal PE kits and trainers **all week** as they will be doing lots of PE and they will need to be appropriately dressed.

On Sports Day, if your child can wear a T-shirt of their colour team that would be helpful too. (Your child will be told their team colour by their class teacher).

If your child is in Yellow Group they can choose to wear a yellow **OR** a white T-shirt as bugs are sometimes attracted to the bright yellow.

Caps, and sun-cream applied, are advisable if hot.

During the week there will be a variety of events taking place. All the children will get to do a selection of the events below.

- Year group competitions.
- Running the field
- Quiz plus a Sporty Prize
- Healthy eating and lifestyles
- Outdoor Adventurous Activities
- Golf

Many thanks and we look forward to seeing you at the Sports' Days.

Mrs. R. Hamblett

