

Wednesday 27th June

Dear Parents

Sports Week Activities

Next week we are celebrating sports week across the federation to develop the children's awareness of the importance of being active. Each day the children will be encouraged to take part in a morning activity as soon as they enter the playground before the bell rings. They will then take part in series of sporting activities planned throughout each day. The table below indicates the itinerary for the week:

Start of Day	<u>Sports Week at East Cowton</u>	
	Morning	Afternoon
Monday 2nd July	Orienteering skills in the school grounds.	KS2 Sports Leaders organise games.
Tuesday 3rd July	Forest Schools	Aerobics and fitness sessions
Wednesday 4th July	Trip to 4 Motion skateboard, scooter and bike ramp	Dance session
Thursday 5th July	Fencing and archery day. Kirkby Fleetham pupils will join us for this.	Fencing and archery day. Kirkby Fleetham pupils will join us for this.
Friday 6th July	Sports Day preparations	Federation Sports day at East Cowton school. Kirkby Fleetham pupils will join us for this

Clothing

During sports week children may come to school in school outdoor PE kit as per the school PE uniform listed on our website (burgundy T-shirt and black or burgundy shorts). They may need to wear their school jumper on top. If the weather is cold they may wear grey or black leggings/tracksuit bottoms.

For health and safety reasons all pupils are expected to have long hair tied back and all jewellery removed.

Please do not send your child wearing football or other sports kit. Children will need to make sure they wear trainers as they will be running/walking a mile, at their own speed, every day, as well as doing the above timetable. If this gorgeous weather continues into next week, please ensure that children have sun cream applied before school, with extra to apply during the day, and that they are provided with a sun hat and water bottle.

Forest Schools

On Tuesday children will need to wear long trousers and long-sleeved tops, with wellies or sturdy footwear for forest schools. They will also need gloves to protect their hands. Please use your judgement about whether waterproofs are required for sitting on the ground, depending on the weather.

They will need to bring their PE Kit for afternoon activities.

4Motion

On Wednesday children are encouraged to scoot to school where possible. All children need to bring a helmet if they own one. Please spend a few minutes checking the fit of it and tightening straps. Children need to wear a long-sleeved T-shirt and long bottoms. If your child owns knee pads then these can also be worn but please ensure that they are labelled. We have the use of equipment at 4Motion but children can bring their own where suitable.

They will need to bring their PE kit for afternoon activities.

Sports Day – Friday 6th July

We will be welcoming the children from Kirkby Fleetham School at lunchtime for our Federation Sports day. Sports day activities will commence at 1:30pm, parents are welcome to come along to support.

Please do speak to your child's class teacher if you have any further queries.

Yours sincerely

Mrs S Whent
PE and school sport subject leader