

27th June 2022

Sports and Healthy Living Week – Monday 11th July – Friday 15th July 2022

Dear Parents and Carers,

I am writing to inform you of the exciting sporting events we have planned at Solent Infant School in July.

Our annual Sports Week will be held this year from **Monday 11th July to Friday 15th July 2022**.

Over the course of the week, the children will be working towards achieving a special 'Sports Certificate' where they will earn stars to complete the 'SPORT' acronym.

- S = Skills
- P = Perform, practise and play
- O = Our Commonwealth Games
- R = Running
- T = Time Out

The children will be practising and honing their skills in a range of sporting and physical activities. We will be celebrating the children challenging themselves and reaching for their personal bests. The children will take part in a running challenge to see how many laps they can complete of our school track in a given time, as well as practising dance routines, completing skills circuits and extra time in our Adventure Playground and on our bikes. With the Commonwealth Games going ahead in Birmingham this year, the children will be finding out about the Commonwealth Games and our Team England hopeful athletes for this year's games. Importantly, they will be finding out about a plethora of ways to keep themselves healthy and safe and practising a range of well-being activities such as Yoga and Mindfulness practices to encourage them to take much needed 'time out'. At the end of the week, each class will be nominating a 'Sports Star of the Week' to celebrate outstanding contribution to Sports Week this year.

As we have such a busy and active week planned, we would like your children to **come to school in sporting attire ALL week please**. With increased time spent outdoors, can we please ask that you apply sun cream to your child at the start of the day and send them to school with a hat, ensuring that their sports clothes cover their shoulders.

All activities will be taking place within the school site. There will be no viewing of the activities by parents and carers, however, the children will be excited to share their certificates with you, on completion of their week.

Looking forward to a fabulous week!

Best wishes,

Mrs J Dallinger
EYFS and PE Lead

Solent Infant School
Eveleigh Road, Farlington, Portsmouth, PO6 1DH

Executive Headteacher Mrs L Wilby
Head of School Mrs E Curthoys

Tel (023) 9237 1073
Email solentinfant@thesolentschools.org
Web solentinfant.thesolentschools.org