

26 May 2023

Sports and Healthy Living Week – Monday 10th July – Friday 14th July 2023

Dear Parents,

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

Our annual Sports Week will be held this year from **Monday 10th July to Friday 14th July 2023**. During this week, the children will be finding out about 'Sports and Healthy Living', as well as taking part in a variety of physical activities. As such, we would ask that your child comes to school dressed in **sporting attire all week**. This must be clothing that your child can move easily in, earrings to be taped up and long hair tied up too. We will be spending extra time outside this week (weather permitting!), so please ensure shoulders are covered (no vest tops), sun cream is applied before your child comes to school and sun hats are in school every day, as well as water bottles.

Sports Events

During our Sports Week, we will be receiving specialist coaches and visitors into school, to deliver a range of exciting opportunities to our learners. We are welcoming 'Fit4Kids' on Monday, who will be leading year group workshops linked to supporting children to understand the importance of adopting an active lifestyle, practical advice on how to stay fit and hands-on activities linked to their well-being. Fit4Kids have enlisted expertise from Sports Scientists and Nutritionists to ensure that their workshops are engaging, memorable and inspirational, as well as being tailored to meet the needs of our learners at Solent.

Throughout the rest of the week, we will be participating in sessions taught by a specialist gymnastics coach, a specialist dance teacher, (some of you might know Mrs Brook from Solent Junior School), and a specialist athletics coach. This is all in addition to our usual excellent curriculum PE, led by CM Sports, who have super active sessions planned for our special sports week. We also have circuit training, yoga, mindfulness, balance biking, class dance sessions and extra adventure playtime planned too!

We would love for you to join our children during their class's planned sprint races on Monday 10th July or Tuesday 11th July. The sprinting event will be held on the Recreation Ground behind the school and you are welcome to wander up and cheer on your child, and their class, during the heats and finals. Please note that your child will be running **once**, unless they are successful and make it through their heat to run in the boys/girls final. We would appreciate your understanding and support when it comes to judging the results of the sprint races. We will have a selection of volunteers at the finish line and results will be decided by the human eye. There will not be any opportunity to analyse video footage!

As this is a public facility, we will request that you stay in the marked areas, so we can ensure the safety of all the children taking part. Please note there will be no seating and the event will start promptly, only lasting 20-30 minutes. This is purely an opportunity for you to have a 'taste' of the exciting events we have organised if you are able to join us. We understand that you would like to take photos and videos of your child during their sprint race, but please

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THE
 **DE CURCI TRUST**

The De Curci Trust is a charitable company limited by guarantee registered in England and Wales with company number 10646541. Its registered office address is Springfield School, Central Road, Portsmouth, PO6 1QY, United Kingdom. Solent Infant School is a business name used by The De Curci Trust.

Trustees: C Batstone, A Cufley, S Hamilton, A Eales, D Smith, S Spivey.
Chief Executive Officer: Ms S F Spivey BSc MA



politely request that you **DO NOT** post these photos on **ANY** social media. If you have any concerns about this, please speak to your child's class teacher.

We have reserved the following dates and times for the sprinting races (weather permitting!) on the Recreation Ground behind the school:

- **Monday 10th July**
1.10-1.40pm Reception T
1.45-2.15pm Reception DE
2.20-2.50pm Reception G
- **Tuesday 11th July**
9.15-9.45am 2RM
9.55-10.25am 2L
11.00-11.30am 2M
- **Tuesday 11th July**
1.10-1.40pm 1E
1.45-2.15pm 1M
2.20-2.50pm 1C

Children who are successful in securing a medal during their sprint race, will be invited to attend an afternoon medal ceremony on Friday 14th July 2023, where they will receive their medal in front of their parents and peers.

We hope your child will look forward to lots of new experiences during their Sports and Healthy Living Week at Solent Infant School.

Best wishes,

Mrs J Dallinger
PE Lead

