

24 May 2024

Sports and Healthy Living Week – Monday 15th July – Friday 19th July 2024

Dear Parents and Carers,

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 15th July to Friday 19th July 2024**. During this week, the children will be finding out about Sports and Healthy Living and The Paris Olympics 2024, 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 Megan Wright, a PE specialist, in on Monday, who will be leading class Athletics sessions for all our children. We have Chris from the 'Jump Rope Company' visiting us on Tuesday to lead skipping workshops for our learners. Chris is passionate about delivering jump rope workshops to introduce children to the physical and mental health benefits of skipping. He will teach them the basics of single-rope freestyle skipping as well as Double Dutch and fun activities and challenges. Wednesday will see Skateboarding workshops for our Key Stage One classes, inspiring them to try one of this year's new Olympic sports! On Thursday, we have local gymnastics club – RAW Kids Gymnastics – coming to Solent Infant School to lead a series of engaging gymnastics sessions for the whole school. We will then finish, a very busy week, with a visit from Funk Format – The Breakdancing Specialists. This is another of the new Olympic sports being included in this year's Paris Olympics, and we are excited to introduce our little learners to this too! The day will start with a short demonstration, followed by workshops for each class.

Throughout the rest of the week, we will continue to have 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, class dance sessions, balance biking and extra adventure playtime planned in too! As well as the fitness focus, we will also be teaching the children about the importance of adopting a healthy lifestyle, focusing on healthy eating choices, hygiene and mindfulness, linked to their well-being.

We are also excited to find out all about the Paris Olympic Games, being held from 26th July until 11th August 2024. In our classes, we will explore the history behind the Olympic Games, which sports and countries are included, as well as who our Great British Athletes are, hopeful of Great Britain winning lots of medals this Summer.

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



Parental Involvement

We would love for you to join our children during their class's planned sprint races on Monday 15th July or Tuesday 16th 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 around 20 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 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 15th July**
1.10-1.40pm Reception T
1.45-2.15pm Reception DE
2.20-2.50pm Reception L
- **Tuesday 16th July**
9.15-9.45am 2RM
9.55-10.25am 2MA
11.00-11.30am 2M
- **Tuesday 16th July**
1.10-1.40pm 1E
1.45-2.15pm 1G
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 Monday 22nd July 2024, 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

