



The Oaks Primary School

Bringing Learning to Life

Sport & Wellbeing Week!

We are very excited to be hosting our first Wow Week of the year, which will be focusing on Sports & Well-Being. We have a number of activities over the week that the children will be taking part in so we thought it would be lovely to share these with parents in advance of the week!

Climbing Wall
Bootcamp
Olympics Day
Mindfulness
Clubbersise
Forest Schools
Yoga

Dance
Air track
Dodgeball
Inflatable Assault course
Yoga
Fun Run
Teddy Tennis

Not all classes will be doing every activity due to age restrictions however, they will all have plenty to join in with over the week!

What does my child need to wear?

- We are asking children to attend school in their **full PE kit on Monday, Wednesday & Friday**,
- On Tuesday and Thursday children may wear their **own sports clothing** (no crop tops).
- Please ensure that your child has a waterproof coat in school or they may not be able to take part in some activities if it is wet.
- It will also be preferable for children to wear jogging bottoms rather than shorts, particularly on Monday & Friday.
- Please ensure they have their water bottle in school – we can refill bottles in school.

Fun Run!

On Friday, we will be doing a 'Fun Run'. We are asking children to bring a **fun accessory**, which they can wear as part of the 'Fun Run'. This could be a crazy wig, a funny headband, pompoms, wacky glasses, face paint or anything they can think of!

We are really looking forward to the events next week. Look out on Seesaw, Twitter and Facebook for lots of pictures over the course of the week!

Thank you for your support.

Mrs F Trainor
Deputy Head Teacher

Miss S Gill
PE Lead

Mrs J Grundy
Headteacher