

Tuesday 7th April 2020

Dear All,

I hope you continue to stay safe and well. I just wanted to wish you all a very happy Easter.

Make the most of the lovely weather we are forecast by getting out into your garden for some fresh air. My daughter and I just did today's Joe Wicks PE lesson in the garden. Our next door neighbour's cat came to join in and nudged my daughter over while she was doing push-ups, trying to get her attention for cuddles!

I have also received the following information from our School Sports Partnership to give you some further ideas of activities you can do at home:

During the school closures Norfolk School Games Organiser Network will be providing activities and resources for children at school or at home to continue to be active and improve their physical literacy.

To keep the week interesting, engaging and varied each day will have a theme:

'Make it Monday'- Make something to use (a target, a goal, a new game) or be creative with a physical activity poster, a certificate or a medal.

'Try it Tuesday' – Give something new a try, learn a new skill

'Wellbeing Wednesday' – Try some yoga, stretches and mindfulness ideas

'Timetable Thursday' – Active Maths and Active English activities

'Freestyle Friday' – Anything goes, be creative, be wild, be physical

To access these ideas, visit the Active Norfolk website:

<https://www.activenorfolk.org/active-at-home-kids>

Each themed day will have ideas to support the theme and will be updated on Friday each week.

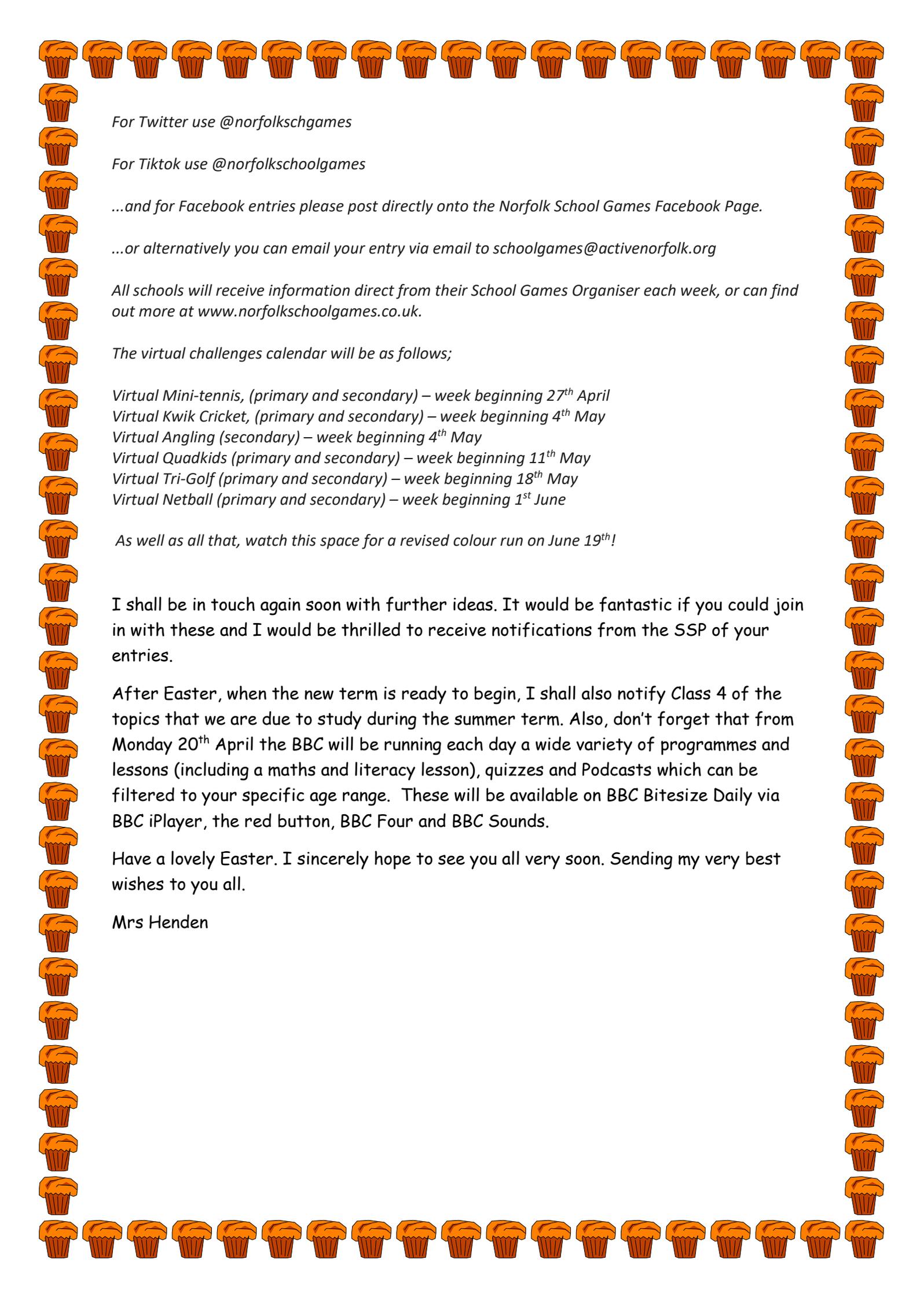
In addition, the Norfolk School Games has been redesigned for the summer term to still enable pupils to take part, these will now be 'Norfolk School Games Virtual Challenges.'

Each week in the lead up to the Games, a challenge will be set by our team of School Games Organisers and pupils are encouraged to submit photos and videos of themselves and their families completing the challenges. Each challenge will be around personal improvement and in line with the sports and events that are currently in the Summer Games. We will then share and celebrate the entries via social media during the Norfolk School Games finals week, 15th-19th June.

We will also set regular dance challenges as part of our movement and dance summer festival on 'TikTok' (check it out on @norfolkschoolgames) to help engage different ages to the activities, this information will also be sent from their School Games Organiser.

Once you have recorded your entry, submit the video via any of our social media platforms by tagging Norfolk School Games in your post. You'll also need to include your school name and year group.

For Instagram use @norfolkschoolgames



For Twitter use @norfolkschgames

For Tiktok use @norfolkschoolgames

...and for Facebook entries please post directly onto the Norfolk School Games Facebook Page.

...or alternatively you can email your entry via email to schoolgames@activenorfolk.org

All schools will receive information direct from their School Games Organiser each week, or can find out more at www.norfolkschoolgames.co.uk.

The virtual challenges calendar will be as follows;

Virtual Mini-tennis, (primary and secondary) – week beginning 27th April

Virtual Kwik Cricket, (primary and secondary) – week beginning 4th May

Virtual Angling (secondary) – week beginning 4th May

Virtual Quadkids (primary and secondary) – week beginning 11th May

Virtual Tri-Golf (primary and secondary) – week beginning 18th May

Virtual Netball (primary and secondary) – week beginning 1st June

As well as all that, watch this space for a revised colour run on June 19th!

I shall be in touch again soon with further ideas. It would be fantastic if you could join in with these and I would be thrilled to receive notifications from the SSP of your entries.

After Easter, when the new term is ready to begin, I shall also notify Class 4 of the topics that we are due to study during the summer term. Also, don't forget that from Monday 20th April the BBC will be running each day a wide variety of programmes and lessons (including a maths and literacy lesson), quizzes and Podcasts which can be filtered to your specific age range. These will be available on BBC Bitesize Daily via BBC iPlayer, the red button, BBC Four and BBC Sounds.

Have a lovely Easter. I sincerely hope to see you all very soon. Sending my very best wishes to you all.

Mrs Henden