Parents/Carers

31st March 2022

Dear Parents and Carers,

**RE: Term 4 – Easter PE Challenge**

I am pleased to inform you that your child has been brilliant in PE this term. All children have been able to enjoy and take part this term in regular exercise and PE. The PE team have seen an increase in confidence and resilience in children and the PE Team have relished in helping the children become more positively active and healthy.

As you may be aware our ambition is to empower children to reach their own physical goals and give them the tools to be healthy for life. With this in mind please find below various information for your children to be active and healthy during half term. It would be great if your child could attempt the different Easter fitness challenges. We will be offering gold medals to any child that completes the challenge over half term and return the completed document.

To gain the most out of our sessions, please undertake these at a time that is convenient to you. Please complete and sign the attached slip and return to school. Thank you.

Kind regards,

Yours faithfully

PE Department

Attachment – Activities Sheet

-----------------------------------------------------------------------------Please return to the School----------------------------------------------------------------------------------

**RE: Term 4 – Easter PE Challenge**

**Option A:**

|  |  |  |
| --- | --- | --- |
| **Exercises**C:\Users\iharman\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\89DF4E61.tmp | **SUBJECT LED /EXTENDED IMPACTS:** * Best effort in **2min total**.
* Write below your score.
* Each exercise needs to be completed

twice over the holidays. * Beat your 1st result
 | Tick when completed  |
| Squats x2 |  |  |
| Bunny jumps x2 |  |  |
| Press up on the wall x2 |  |  |
| Star jumps x2 |  |  |
| High knees running | 4min total  |  |
| 30min walk  |  |  |
| Hold the plank  | Best time? |  |

**Option B:**

|  |  |  |
| --- | --- | --- |
| **Exercises** Easter bunny fitness Images, Stock Photos & Vectors | Shutterstock | **IMPACTS classes/Extended IMPACTS:*** Complete any of the activities during Easter.
 | Tick when completed  |
| Lift arms up as far as possible.  |  |  |
| Dance to the song of your choice.  |  |  |
| Create PE puppet for the PE team. |  |  |
| Create a rainbow ribbon for PE lessons  |  |  |
| Wiggle in your wheelchair  |  |  |

Pupil’s Name: ……………………………………… Class: ……………………………….……………...

Witness Name: …………………………………….. Witness Signature: …………..……………………