

Crossdale Healthy Living Week!

Monday 3rd July-Friday 7th July



Year 5		
Date	Activity	Session Times
Monday 3 rd	First Aid Cricket	9:15 – 10:30 10:45-11:45
Tuesday 4 th	Yoga Dodgeball	9-9:45 9:45 – 10:30
Wednesday 5 th	Teambuilding games	9-10
Thursday 6 th	Sports Day Races Fun Swim	9:30 – 11:30 1:30-2:30
Friday 7 th	Football Curling	9:15 – 10:15 10:45 – 11:45

This year Crossdale will be running its annual Healthy Living week commencing **Monday 3rd July**. This week is a week to provide a week full of activities that help to keep our bodies and minds healthy and will include activities such as first aid, yoga, cricket, eating well, dodgeball, drumba and basketball. The children and staff are all very excited and enthusiastic to take part in what should be a fantastic week.

The timetable above is for your child's class so that you know when and what they are doing with specialist providers but please note that teachers will also be completing related activities in class too.

Remember... all of the children will need to attend school in sensible sports kit each day and wear their school PE kit on Thursday for Sports Day. It would be advisable for all children to have a change of sportswear at school, in case we get bad weather.

In order to subsidise the week, we are asking all parents to make a contribution of £5. This can be paid on the School Money website, and we really appreciate your support with this.

Base 2 & 3 Sports Day will be our usual format of races with refreshments provided by our wonderful PTA!

If anyone requires any more information on Healthy Living Week or the activities your child is doing please feel free to contact us on contact@crossdale.notts.sch.uk

Yours sincerely,

Miss Spencer and Mr Johnson
