



Dear Parents/Carers,

14th June 2023

We will be taking part in **National School Sports Week** all of next week from **Monday 19th June through to Friday 26th June 2023**. The theme of NSSW this year is 'Play for Fun, Play for 60'.

From the NSSW website:

*We want families, schools and partner organisations to take the **#PledgeToPlay** today. The pledge supports the government in asking that children are active within school for 30 minutes a day, and then outside of school for at least another 30 minutes, supporting every child to reach the minimum amount of 60 active minutes. **For disabled young people**, the Chief Medical Officers' recommendation is for a **minimum** of 20 minutes of physical activity every day, including strength and balance activity three times a week.*

At Barrow Hedges this year we're setting ourselves the ambitious target of engaging in 60 **extra** active minutes a day on top of break, lunch times and normal PE lessons.

Teachers will be planning an additional 30 minute active session each day for NSSW. Therefore, your child will need to wear **PE kit and trainers every day next week. Please also ensure they have a sun hat and sun cream applied before coming to school.**

We are also setting the challenge for children to complete 30 active minutes 'at home' each day. This can include extra-curricular clubs or active clubs out of school. Each child will be given an activity tracker at the beginning of the week where they can draw or write how they were active at school and at home. These will then be collected on **Monday 26th June**. For each day your child completes 30 active minutes at home and school, they earn a point for their class (2 points per day). The class with the most points will earn a reward, a trophy and be given the title of 'Barrow Hedges National School Sports Week Champions.' There will also be an individual reward for every child that completes and records the 60 extra active minutes for all 5 days that week.

Happy NSSW everyone!

Many thanks,

Mr Buckingham
PE Subject Leader



Harbury Road Carshalton Surrey SM5 4LA

Telephone 020 8643 4428
office@barrowhedges.com



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