

17<sup>th</sup> April 2024

Dear Parents / Carers,

For a number of years now, we have been huge advocates of supporting children's mental health and well-being and promoting healthy, active lifestyles. As a result of this, we would like to trial increasing the one hour of timetabled physical activity per week to two hours.

Children in EYFS and Key Stage 1 will have their PE lesson as normal and then their second hour will be made up from activities, such as GoNoodle, throughout the week. Children in Key Stage 2 will have their normal PE lesson and an additional outdoor PE lesson every week. This will increase the amount of exercise our pupils are completing each week and provide more opportunities for match play and competitive games. If this is successful, we will continue in the next academic year but information will be sent home prior to this. Children are to continue to come into school in their correct PE kit on both days (Black and White only - black joggers/shorts and white t shirt. Jumpers and hoodies should either be plain black or school ones). If children are not in the correct PE kit, we will ask them to put spare kit on. For the outdoor lesson, please ensure suitable clothing is worn depending on the weather.

Please see below for the days that each year group will have their PE lessons this half term:

**EYFS: Friday**

**Year 1: Monday**

**Year 2: Wednesday**

**Year 3: Indoor – Thursday, Outdoor – Monday**

**Year 4: Outdoor- Thursday, Indoor- Friday**

**Year 5: Indoor – Tuesday, Outdoor – Wednesday**

**Year 6: Indoor – Wednesday, Outdoor - Tuesday**

If you have any questions, then please speak to myself or your class teacher who can then ask me.

Kind regards