



**Monday 26th  
January**

## FORM TUTORS

[Healthy Schools Week Assembly - Info](#)  
[Healthy Schools Week Presentation](#)

[Healthy Schools Week - Active](#)  
[Registration Ideas:](#)

## STUDENTS

[HSW 2026 Registration Leaflet](#)  
[Competition](#)  
[Little Ilford School Library](#)

**Just Dance** - Dance Studio 12.45 - 1.15  
Ms Peaper

## CLUBS

[EC Timetable 2025-26 - Term 1-6](#)

**Tuesday 27th  
January**

[!\[\]\(d3102649f02e825ddb76dc3de0190154\_img.jpg\) Healthy Schools Week Quizzes](#)  
[Sports Nutrition Quiz](#)

<https://theday.co.uk/weekly-theme/healthy-eating-2/>

**Fitness Challenges - All Week**  
All students  
R3s Awarded - PE Dept: Lunchtime  
[One-Minute Fitness Challenge: Plank With Arm and Leg Reach](#)  
[One-Minute Fitness Challenge: Squats](#)  
[One-Minute Fitness Challenge: Seal Jack](#)  
[Get Fit 2014](#)

**Walk or Run to School Day - Walk for Wellbeing**

**Year 7-8 Football Tournament**  
PE - 3.05 - 5.15 - Teams of 6 - Collect a team sheet from Mr Nazar in PE

**Wednesday  
28th January**

[Sustainable Healthy Food Activities:](#)  
[Why Should Teens Exercise: Physical and Mental benefit of Exercise For Teenagers](#)

[5 min Cardio HIIT Challenge - 40s/20s Intervals - Home Workouts -](#)

**Year 9-10 Football Tournament**  
3.05 - 5.15 Teams of 6 - Collect a team sheet from Mr Nazar in PE

**Thursday 29th  
January**

[Be more active - Better Health - NHS](#)  
[Newham Fitness - Get Involved](#)

**Fitness Bingo** - All students  
Dance Studio - 12.45 - 1.15 - Ms Dennis

**Ride your Bike to School Day:** Students cycle in collect a prize draw ticket before 8.15 from the PE Dept

**Friday 30th  
January**

[\(11-14 Years\) - Food A Fact Of Life](#)  
**All Staff**  
[Staff Tag Team Rowing Relay Challenge](#)  
[Staff Rowing Challenge Teams](#)

**Saturday 31st January: Wanstead Parkrun: Students/Families**  
<https://www.parkrun.org.uk/wanstead/flats/>  
***This activity is not organised by the school - We are encouraging students and their families to try this as a new way of keeping the whole family active.***

**Girls Boxing & Skipping** - Fitness Suite - 12.45-1.15  
**Dodgeball Tournament** - All students 3.05 - 4.30 - Dance Studio  
**Wellbeing Warriors**  
**Year 11 Boys Football Tournament**  
Mr Nazar