



Monday 26th January

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

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

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

Just Dance - Dance Studio 12.45 - 1.15
Ms Peaper

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

Tuesday 27th January

[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