

HEALTHY SCHOOLS WEEK PROGRAM: 22nd-26th January 2024

Program to be shared with Forms during registration w/c 15.01.2024

<p>Mon 22</p>	<p>Registration Tasks: Healthy Lifestyles (Use Reading Registration session to complete)</p> <p>Whole School Fitness Challenge - Prizes for winners - Sports hall External Coaches delivering Year 7 PE lessons Year 8 2k Parkrun - PE Lessons</p>	<p>Healthy Options Menu - Activities in dining hall throughout the week</p> <p>Rowing Challenge - Lunchtime Fitness Suite</p>	<p>Handball Tournament with Handball Coach All students - Sports hall 3.05pm (Bring PE Kit)</p>
<p>TUE 23</p>	<p>Ride your Bike to School Day Students cycle in collect a prize draw ticket before 8.15 from Healthy Schools Leaders at the bike racks Healthy Breakfast Morning - (Invited students)</p> <p>External Coaches delivering Year 7 PE lessons</p>	<p>Healthy Lifestyles literature and book display available in the Library throughout the week</p> <p>Design a Leaflet Competition Home Cooking Competition (Prizes to be won)</p>	<p>School early closure for students</p>
<p>WED 24</p>	<p>Whole School Fitness Challenge - Prizes for winners - Sports hall External Coaches delivering Year 7 PE lessons Year 8 2k Parkrun - PE Lessons</p>	<p>Kinball / Ultimate Frisbee - New Activity - Lunchtime Sports Hall</p>	<p>PE Clubs running as normal Tournaments with medals awarded</p>
<p>THU 25</p>	<p>Whole School Fitness Challenge - Prizes for winners - Sports hall External Coaches delivering Year 7 PE lessons</p>	<p>Girls Dodgeball / Bench Ball Tournament - Lunchtime Activity Studio</p>	<p>Staff Yoga Session - please sign up via (HTH) in advance as places are limited - Activity Studio 4.15-5.15 PE Clubs running as normal Tournaments with medals awarded</p>
<p>Fri 26</p>	<p>Whole School Fitness Challenge - Prizes for winners - Sports hall Year 8 2k Parkrun - PE Lessons</p>	<p>Spin Fit Challenge - Lunchtime Spin Studio</p>	<p>All Girls Fitness Friday Session - 3.05-4.05 Fitness Suite - (includes Boxing) Friday 2nd February - Climbing Wall Trip</p>