



HEALTHY SCHOOLS WEEK EVENTS: - 27th - 31st January 2025

Share information with forms during Registration

<p>MON 27</p>	<p>Registration Tasks: The Importance of physical activity: (Complete during reading registration) Healthy Schools Week 2025 - Teachers Registration Resource</p> <p>Alternative Activities - PE</p>	<p>Healthy Options Menu here-: Dining hall throughout the week Healthy Options Menu</p> <p>Healthy Lifestyles literature here: Little Ilford School Library</p>	<p>PE Clubs running as normal 3.05-4.05 Tournaments with medals awarded EC Timetable 2024-25 - Term 1-4</p> <p>Staff / Students Fitness Challenge - All Week- PE Fight Club Fitness Challenge</p> <p>Prizes for fastest time - Fitness Suite</p>
<p>TUE 28</p>	<p>PE Morning Clubs running as normal 7 - 8.00 Tournaments with medals awarded</p> <p>Alternative Activities - PE</p> <p>Climbing Wall Trip (Year 7/8) HTH</p>	<p>Staff Tag Team Rowing Relay Challenge</p> <p>Staff Rowing Challenge Teams</p> <p>All Week - PE - Prize for winning Department</p> <p>Whole School Rowing Challenge / Fitness Challenge - Lunchtime Fitness Suite</p>	<p>PE Clubs running as normal 3.05-4.05 Tournaments with medals awarded</p> <p>(Girls Fitness Club will take place on Friday lunchtime for this week only)</p> <p>Staff Spin Session - Spin Studio 4.15 - 4.45pm Staff Spin Healthy Schools Week 2025 - Sign Up Sheet</p>
<p>WED 29</p>	<p>PE Clubs running as normal 7 - 8.00 Tournaments with medals awarded</p> <p>Alternative Activities - PE</p>	<p>Competitions: Prizes to be won</p> <p>HSW 2025 REGISTRATION COMPETITION TASK</p> <p>TFL POSTER COMPETITION 2025</p>	<p>PE Clubs running as normal 3.05-4.05 Tournaments with medals awarded</p>
<p>THU 30</p>	<p>PE Clubs running as normal 7 - 8.00 Tournaments with medals awarded</p> <p>Alternative Activities - PE</p>	<p>Girls Dodgeball / Bench Ball Tournament - Lunchtime Dance Studio - Health Ambassadors</p>	<p>Year 7 / 8 Boys Fundraising Football Tournament PE - 3.15 - 5.15 Teams of 6 - 50p per player to enter - Collect a team sheet from Mr Nazar in PE</p>
<p>Fri 31</p>	<p>PE Clubs running as normal 7 - 8.00 Challenges with medals awarded</p> <p>Alternative Activities - PE</p>	<p>Girls Boxing & Skipping Session Lunchtime - Dance Studio - Health Ambassadors</p>	<p>Ride your Bike to School Day: Students cycle in collect a prize draw ticket before 8.15 from Health Ambassadors at the bike racks</p> <p>Mixed Activities & Cycle Challenge - Cycle Club 3.05 - 5pm - All students - PE - Health Ambassadors</p>