



Active Challenge week (5th- 9th July 2021)

23rd June 2021

Dear Parents,

Oakfield Active Challenge Week, will challenge pupils and staff to increase their physical activity, with the aim of creating new healthy habits.

The week aims to have a positive impact on pupil's physical and mental well-being and will include a walk/cycle to school challenge, wake and shake on arrival to the Academy, additional lunchtime activities as well as an Interform-games afternoon for each year group.

Pupils must wear their P.E kits on their allotted Interform day, if it is not on the day that they would normally have P.E (see table below). It is also important that pupils bring a drink in each day.

Active Travel 2 School Challenge

Pupils will compete against the other tutor groups in their year and will earn points by actively travelling to the Academy on Monday 5th, Tuesday 6th, Thursday 8th and Friday 9th July. Points will be awarded for Cycling or walking to school, however this must be from a minimum of half way from home to the Academy In order to earn a point and the whole way to earn 2 points.Pupils cycling to the Academy must be proficient at riding on the road and must wear a cycle helmet.

Wake and Shake (optional and will take place as pupils enter the Academy).

KS2 - Will take place on the sports court/field

KS3 – Will take place on the yard

Lunch-time activities

A range of additional activities will be on offer during the week, including Yoga, Tennis, Football, Skipping and Ultimate Frisbee to name a few.

Inter-form Challenge

This will be a tutor group distance challenge. Pupils will work to accumulate the furthest total distance covered (walking, jogging, running) with tutor groups competing against each other as well as earning ACORNS.

Year	Day	Time
5	Monday 5th July	2 – 3pm
6	Tuesday 6th July	2 – 3pm
7	Thursday 8th July	2 – 3:10pm
8	Friday 9th July	2 - 3:10pm

We look forward to a fantastic week and thank you in advance for your support in encouraging your child to take part in Oakfield Active Challenge week.

Yours faithfully,

The P.E Department



