

Monday 25th May

Hi Girls,

This is Active School Week. The whole school are working really hard to earn the Active Flag for our school. But in order to do this we must prove that we are staying active at home.

This week your challenge is to do at least 60 minutes of activity each day. That is one hour every day of moving your body to keep it healthy and fit. Also being active can help your mind and boost your mood, and we all need a little bit of that right now.

I have attached the Active Home Week chart. Those of you who managed to get to school last week and collect your school books will have this chart already printed out. Each day you are to fill in the activity you do and how much time you spend doing it. At the end of the week you can take a photo of the chart and upload it to your Seesaw Journal. If you like you can send me your photo and video of your activities.

I really hope you enjoy the activities I have for you this week and I hope you get the whole family involved.