

ACTIVITY

WEEK

ST. JOHN'S PRIMARY ACADEMY



ESSINGTON

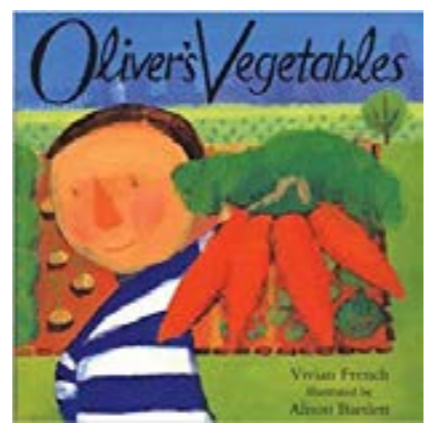
22ND - 25TH MAY

NURSERY/RECEPTION

YEARS 1/2

ACTIVITIES INCLUDE :

- Morning 'Wake & Shake'
- Orienteering
- Smile for a mile (village walk to the pools)
- Assault course
- Beat the goalie
- Mini olympics
- Dance den
- Parachute games



Visits from:

- Wolfie and the Wolves coaches
- Boot camp leader
- Sugar Plum Elephant



KIT REQUIREMENTS :

Children are required to wear sports clothes all week.
e.g a t-shirt, jogging bottoms, shorts, leggings, trainers.

ACTIVITIES INCLUDE :

- Cannock Chase Forest Fitness
- To the trenches - Army base
- Mini sports festival
- Compete in the supreme scatterball tournament
- The Tour de St John's
- Great Essington exploration
- plus much more.....



KIT REQUIREMENTS :

Monday	Tuesday	Wednesday	Thursday
Outdoor play clothes	Come to school in sportswear and have full PE kit in school.		

YEARS 3/4

YEARS 5/6

ACTIVITIES INCLUDE :

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Active - 8: a variety of active games to train the brain and keep you fit
 Scavenger hunt
 Outdoor orienteering
 Brain gym
 Fitness frenzy
 Picnic in the park/healthy eating
 Team game Thursday
 Morning mile: which class/year group run the furthest
 Fitness fifteen: Aerobics at the end of every day
 Chasewater visit (Wednesday)



Glow in the dark dodgeball
 Sports festival extravaganza
 Woodland expedition at Cannock Chase (inc stone stepping, kite flying and outdoor fun)
 Discover Essington trails
 Experience the new fitness suite and much more.....



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WAKE UP, WORK OUT, BE A WINNER!
LIVE HEALTHY, LIVE HAPPY, ACHIEVE BIG!

DON'T RUN AWAY FROM CHALLENGES. RUN OVER THEM!

HEALTHY TIPS AND LINKS

Why Activity Week?

Research evidence clearly shows that education and health are closely linked.

It is generally accepted that pupils with better health and wellbeing are likely to achieve better academically in the classroom.

Here at St. John's we have long recognised this fact and have been heavily committed to providing high quality PE in school time and opportunities to be active through a range of after school clubs, competitive sport and outdoor education residential courses.



NEW Fitness Suite At St John's

We share the national concern around our children becoming more sedentary, that is to say being far less active than children historically were. The temptation to spend increased time in front of tv's, smart phones, tablets and other devices is certainly impacting greatly upon obesity levels and we hope to play our part in reversing this trend.

We know active children will

- Have stronger muscles and bones
- Be less likely to be overweight
- Have less likelihood of type 2 diabetes
- Have a better outlook on life
- Enjoy better sleep patterns

Activity week aims to encourage pupils to be active in a variety of ways and not necessarily through traditional sports. We are hoping they will enjoy the week and think about how they can keep active in the future.

YOUTUBE LINKS

