



We are an active school!
Start your day in the best way with
some physical activity!



Morning mile Mondays

Pupils, parents / carers and siblings are invited to take part in three laps of the school field between 8.45 and 9.00am.

Tuesday run club with Miss Miles

All pupils welcome to attend running club. Bring your trainers and arrive at 8.15am for an 8.20 start!

Wake and shake Wednesdays

8.30 - 8.40am in the KS2 hall or the cage playground. Come and join in with some wake and shake aerobic style dancing and moving!

Skip to it Thursday

Come and challenge yourself - how many skips can you do in a minute? Skipping ropes on the KS1 playground from 8.30 - 8.45am.

Fitness Fridays with Mr O'Shea

Come and take part in fitness / circuit style challenges from 8.30 - 8.45am in the cage.