



Little Eaton Primary School

Alfreton Road, Little Eaton,  
Derbyshire. DE21 5AB

13<sup>th</sup> June 2022

Dear Parents/Carers,

# Fitness Week 2022

Fitness week starts **Monday 20th June**

Here's what is happening in and around school:

**Golden Mile** - at St. Peter's Park - Monday-Thursday between 8.15 and 8.40a.m. Children should be brought along at any time to complete as many laps as they can! The aim is to complete the greatest distance they can by Thursday!  
(ADULTS MUST REMAIN AT THE PARK TO SUPERVISE CHILDREN GETTING TO SCHOOL AS NORMAL; they are also welcome to join in!)

**Dance/aerobic fitness** - Monday-Thursday from 8.40am in the hall.

## The week's activities

**Monday:** AM-year 4 will still attend their swimming lesson. PM- Infants are to take part in a range of fun activities.

**Tuesday:** AM- reception, year 1,2 and 6 will have the chance to try out ultimate frisbee/ Foot rounders. PM- year 5 and 6 will be holding a dodgeball competition.

**Wednesday:** AM- whole school village walk. PM- KS2 karate

**Thursday:** AM- whole school mix up afternoon where the children will learn about healthy living. PM- Sports day at the park. 1.15 start

**Friday:** Amber Valley School Sports Partnership will be in school; the children will have the opportunity to try out rowing on specialist rowing machines.

**Children to wear PE/sports clothes all week. (Children are encouraged to wear their team colours on Thursday)**

Should you have any questions please do not hesitate to contact the school office or myself.

Many thanks,

Paul Schumann and Dominique Theobald



**Participation Respect Independence Determination Excellence**