

SPORTS & WELLBEING

Week 2026

Our annual Sports & Wellbeing week, which provides our pupils with the opportunity to take part in a wide range of activities designed to promote both physical and mental well-being, will take place from Monday 6th July - Friday 10th July.

Throughout the week, children will enjoy a variety of sessions led by both class teachers and special visitors. These will include: Intra-house competitions, personal best challenges, opportunities to explore a range of sports, enrichment activities, our much-loved annual Sports Day (see next page for details) and much more!

Our Sports Council and Sports Leaders have been instrumental in planning this week and will continue to play a key role throughout the event.

This year our week will also have a Water Safety day, OPAL parents event (more information to follow) and eco-council are planning a walk-to-school initiative that week (more information to follow)

What to Wear:

To help children fully participate and feel comfortable throughout the week, please ensure they are dressed appropriately:

Monday, Tuesday, Thursday and Friday: PE kit or active wear (please no football or rugby kits)

Wednesday (Sports Day): Full school PE kit (No house colours as in previous years)

We hope this week will be a fun, memorable, and enriching experience for all children and staff. Don't forget to follow along with our activities and highlights on Instagram!