

SPORTS & WELLBEING

Week 2025

We're excited to share that, as in previous years, we will be running our Whittington Sports and Well-being Week, taking place the week beginning Monday 30th June. This week provides all children with the opportunity to take part in a wide range of activities designed to promote both physical and mental well-being.

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.

Each year we like to introduce a special focus for Sports Week. In previous years, these focuses have led to exciting developments in our PE curriculum – such as the introduction of our Inclusive Sports Units. Last year, we centred our activities around global sporting events, learning about both the Olympics and Paralympics. This year, our focus is on Water Safety. While our Year 4 children learn about water safety in greater depth during their swimming lessons, we believe it's important for all children to gain basic water safety knowledge. We've planned some fun, land-based activities to help teach these important life skills in an engaging and age-appropriate way.

What to Wear:

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

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

Wednesday (Sports Day): KS1 and KS2: House colours (Ash – Blue, Oak – Green, Holly – Red, Maple – Yellow) or PE kit. Reception and Nursery: Standard PE kit

Thursday - old clothes and trainers for our Colour Run (see Colour Run letter)

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 Twitter!