

17th September 2021

Dear Parents / Carers

Re: National Fitness Day 2021 Wednesday 22nd September

National Fitness Day is a chance to highlight the role physical activity plays across the UK, helping us raise awareness of its importance in helping us lead healthier and active lifestyles.

National Fitness Day sees a huge range of activity options enjoyed by participants of all ages, such as 'plank offs', yoga and pilates classes, treadmill challenges, high-street HIIT classes, dance-offs, mass walks and many more.


On Wednesday at Pinewood, we will be encouraging all of our pupils to be a part of: "In it for a minute". Pupils can choose to complete challenges as an individual or as a team with their classmates (teachers will be advising and giving guidance on this) and the idea is that pupils complete the chosen "challenge" for 1 minute! Examples of some challenges might be: star jumps, crab walk, head/shoulders/ knees and toes, drawing circles with one foot...and many more. Pupils may just complete 1 or 2, some may be able to do many more. The "challenges" are all fully inclusive and easily differentiated to meet all needs.

The priorities are to get our muscles working, raise our heart rates and have fun!

We hope to see lots of active smiley faces throughout the day- both pupils AND staff!! 😊


Below is the challenge sheet if any of our Pinewood family wish to join in too!
























Get Set 4 PE.
National Fitness Day

"In it for a minute challenge"



Name: _____

Complete an activity from the boxes below continuously for 60 seconds, then cross the box out. Can you cross out all of the boxes today?

 <p>hula or pretend to hula</p>	<p>draw circles with one foot and then the other</p> 	<p>side step</p> 	<p>flap your arms like a bird</p>	<p>throw and catch</p> 
<p>v-sit</p> 	<p>squat</p> 	 <p>hop scotch</p>	<p>stand on one foot and draw a cross with your other foot</p> 	<p>crab walk</p> 
<p>sit down and stand up</p>	<p>jump as far as you can</p> 	<p>walk on your tiptoes</p>	<p>dance</p> 	<p>pretend to pedal a bike with your hands</p> 
<p>bear crawl</p> 	<p>touch as many green things as you can</p> 	<p>lunge</p> 	<p>pick up a pencil with your foot</p>	<p>pass something around your body</p> 
<p>play tag</p> 	<p>pretend to scuba dive</p> 	<p>sit up</p> 	<p>touch your head, shoulders, knees and toes</p> 	<p>plank</p> 
<p>make as many letters as you can with your body</p>	<p>run</p> 	<p>walk or run up and down the stairs</p> 	<p>star jump</p> 	<p>skip or pretend to skip</p> 

@aetset4pe

