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16<sup>th</sup> June 2023

### National School Sports Week

Dear Parents and Carers,

National School Sports Week is back for 2023, and I am excited to share with you that Scargill will be participating in the Youth Sport Trust and Sport Direct initiative **#PledgeToPlay from 19<sup>th</sup>-25<sup>th</sup> June**. By taking the #PledgeToPlay, we will be supporting children in reaching their daily 60 minutes of active play, which can have a positive impact on their physical and mental health. The pledge supports the government ask that children are active within school for 30 minutes a day, and then outside of school for at least another 30 minutes.

During the week of the 19<sup>th</sup>-25<sup>th</sup> June, I ask you to Tweet using the hashtag #PledgeToPlay or email as many photos of your child being active outside of the school day to meet their 30 minutes. From dog walks, biking, outdoor adventurous activities, horse-riding to sports club achievements, I would love to see it all! The photos you send in will be used to create a display in our clubroom that celebrates and supports our love of PE and physical activity. There is also a tracker that can be used to help note how you have been active each day should you wish to use it.

To reach our target of 30 minutes in school, the sports ambassadors, AM Sports and myself will continue to run different activities for children to participate in at break and lunchtimes. All children who participate in the pledge will receive a certificate to celebrate their achievements.

### Extra-Curricular Clubs

In preparation for next year, I would also like to hear about the types of extra-curricular clubs that your child would be interested in attending that we don't already offer, any current barriers to participation and additional clubs your child already attends after school. AM Sports will be offering their usual excellent after-school clubs throughout next year, but I would like to supplement that offering with activities for all, with the aim that every child attends an extra-curricular club. Please look out for a text message link over the next week to our online club questionnaire to voice your thoughts.

Thank you always for your continued support,

Miss Gavagan, PE Coordinator.

