



# ELIOT BANK PRIMARY SCHOOL CURRICULUM WEEK 2018

# GET OUT AND GET ACTIVE

18-22 June 2018



EBSA have kindly contributed to the additional costs involved in making Curriculum Week happen. Thank you!

Our theme for Curriculum Week 2018 is 'Get Out and Get Active'. It will focus on **healthy bodies making healthy minds, promoting active lifestyles, encouraging children to try new sports** and we hope it will instil a desire to be **fit for life**. Curriculum Week starts on **Monday 18 June**. We can't wait!

## MOTIVATION MONDAY

Our Curriculum Week kicks off with a **motivational assembly** starring **GB gymnast, Steve Frew**. During the day, we will be looking at our **personal best** for a variety of activities and identify **next steps to improve** our personal best. Some classes will be working with a **professional tennis coach**. During the week, Teachsport will be working with the children to improve their team skills while introducing them to new sports. **Nursery** children will take part in **relay races, Year 3 and 4** will try (non-contact) **taekwondo** and **Year 6** will set their personal best in a **bleep test**.



## TURN-IT-AROUND TUESDAY

We will be **focussing on our bodies** (including **personal hygiene**), the **effect of exercise** on our bodies and how it can **improve our mental health**. Throughout the day, **Year 2** will get a taster of **circuit training**, **Year 1** will try out **boxing circuits**, **Year 5** will participate in a **handball** tournament and **Reception** will play **relay games**.



## WAKE-IT-UP WEDNESDAY

All classes will be focussing on **healthy eating** and **planning a meal for an athlete**. At some point in the week, each class will prepare a healthy meal. The whole school will be treated to an assembly from a representative of **Millwall Football Club**. Later in the day, **Year 6** will get a taster of (non-contact) **boxing**, **Year 2** try out (non-contact) **taekwondo**, **Year 3 and 5MQ/CR** will have a go at **boxing circuits** and **Nursery** will practise **turn-taking in outdoor games**. **Year 5** will get a taster of mindfulness, with a specific link to kindness and gratitude.



## THINK-IT THURSDAY

A representative from **Crystal Palace Football Club** kicks off Thursday talking to the whole school about **healthy lifestyles**. Throughout the day, we will be learning more about **the science of sport**. The children will make a hypothesis and investigate the outcome. A **yoga teacher** will be working with some classes, introducing them to the basic poses which can help with stress relief. **Reception** will develop their **throwing skills**, **Year 1 and 2** will try (non-contact) **taekwondo** and **Year 5HC/CF** will participate in **boxing circuits**.



## FIT-AND-FAST FRIDAY

We will end the week on a high note focussing on **team spirit**. Each class will be learning about **what makes a team work well together**. In the morning, **Year 4** will try out (non-contact) **boxing** and a parent, who is a **kidney nurse, visits Year 6** to talk about their work and **how to keep kidneys healthy**. In the afternoon, we will be learning a **new Wake and Shake dance** with a dance coach and will **perform it as a whole school at the end of the day**.



In order to encourage children to be more active, each class will run or walk the **Daily Mile**—a nationwide-initiative to keep children fit for life!

Each class will be meeting their buddy class during Curriculum Week to do an activity linked to our daily themes.

Please make sure your child has their **school PE kit** in for the entire week. We'll send a reminder nearer to the time.