



# Emmanuel College

21 September 2018

Dear Parent

## Healthy Living Week

The week beginning Monday 1 October is the College's annual **Healthy Living Week**. During this week students will be encouraged to try different sporting activities to those they normally experience in their everyday PE lessons.

The theme this year is **Give it a go!!!**.

We would like to offer as wide a choice of activities as possible and would love as many students as possible to get involved. Please encourage your son or daughter to '**give it a go!!!**' in as many of the activities as they can during the week.

One simple way you can get your child involved and encourage him/her to be more active during this week, and possibly beyond is to allow them where possible, and where it is safe to do so, to **walk to and from school**. This would especially be suitable to students who live locally (Whickham, Lobley Hill, Dunston). You could, if you usually drop them off at school by car, drop them off a mile away and encourage them to start the day in an active way. This could also be done on the way home too!

In PE lessons during Healthy Living Week, students will be undertaking a series of fitness tests which will show them where their fitness strengths lie and where they could make improvements. They will be given the chance to build on their fitness scores as they progress through the years at Emmanuel.

Also during Healthy Living week there will be the **House Swimming Gala, which will be held at Dunston Pool on Thursday 4 October**. You are most welcome to come along to Dunston Pool to support your son or daughter, if they are selected to represent their house at the gala.

We also have a number of fitness challenges planned for which prizes will be awarded. Fitness challenge for Years 7–9 will be the pairs 2km rowing challenge, where each student in their pair rows 1 km and their times are combined. For students in Years 10–13, we are asking that they set themselves the challenge of a 400m circuit run using our running machines, plus 20 body weight squats, 20 press up (boys) 10 (girls) 1.5 km bike, 20 kettlebell swings (4 kg girls/8 kg boys) and a 400m row. The fastest boy and girl through the circuit by the end of the week will receive a prize.

**[Click here](#)** to see all the sporting activities taking place.

The week can only be successful if students are prepared to come along and give it a go so please encourage your son or daughter to sign up at reception, **to Give IT a go** and get moving' which will help them lead healthier and more active lifestyles. Let's work together to inspire our young people to get involved and moving, helping them to lead healthier and more active lifestyles.

Yours sincerely

P Ingham  
**Head of PE**