

Why not help the children enjoy their time off school by encouraging them to participate in plenty of sports and physical activities?

Regular physical activities will help children to maintain and improve their physical fitness, plus they will stop them from getting bored. A study by ukactive found that primary school children lose 80% of their fitness from ‘lazy’ summer holidays. As outlined in the Public Health requirements, children should partake in at least 60 minutes of moderate to vigorous activity every day.

As a school we have recently teamed up with Get Set 4 PE who have shared numerous ideas for the children and the family to stay active this Summer, take a look following the provided link:

<https://www.getset4pe.co.uk/ResourceBank/ResourceCategory/1002>