

Colmers Farm Primary School

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Friday 16th June 2023

Dear Parents / Carers,

Next week is National School Sports Week, and your child will be taking part in a number of different activities throughout the week. At Colmers Farm, we really value the importance of learning how to lead healthy lifestyles and encourage being active as much as possible.

For National School Sports Week, we are setting the children two challenges that they may want to take part in. **The first is Active Travel Week.** We know that it's not always possible, but we would love to see as many children walk, cycle or scoot to school. Your child will be given a tracker to take with them to allow them to track the days they have travelled to school in an active way. If children fill over half of their card, they will receive a certificate.

The second challenge is a **Sports at Home Challenge Card.** This card will have a number of challenges that your child can complete at home. Again, if your child completes this, they will receive a certificate too. There will be one challenge a day to complete, and there will be a box for your child to log their activity. We know that physical activity is more fun with other people, so if you would like to take part in the challenges with your child, we would love to hear about it!

Both activities can be used as part of the Key Stage 2 SAGE award.

Throughout the week, we will be sharing different resources and ideas on our school Twitter page, and we would love to hear from you about the amazing challenges you are completing at home.

Please remember, for everyone's safety, everyone must dismount from their scooter or bicycle when on the school site. Children can leave their bikes/scooters in the bike shed, but we can't take any responsibility for loses or damages to these.

Happy Sports Week!

**Miss Jennings and Miss McCarron,
PE Team**



2022-2025



We're working
towards Artsmark
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SCHOOL
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Active Travel to School Week

If you travelled in an active way, give the box a tick and write how your travelled.

Then, tell us how you felt with an emoji. 😊 😐 😞

Day	Morning	How did you feel?	Afternoon	How did you feel?
EXAMPLE	✓ scooter	😊	✓ walked	😐
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

