

2016/17 Sports Initiatives and Partners

Ready Steady Move!

This term, we have partnered up with Hillingdon's Ready Steady Move Programme to offer our parents keep fit sessions every Friday morning. We want to offer our parents a chance to stay fit and healthy and get ready for the New Year! The sessions started on the 4th November and have already been a huge success from the feedback we have had from the parents who have attended.

"I want to join in for my health as I like to be fit"

"It was my first time taking part, I was excited"

"It's such a good opportunity to become healthier"

"It was so good, even after one session, I couldn't move on Saturday!"

Sessions will be held every Friday morning in the Key Stage 2 gym until Friday 18th December 9am till 10am. Just come along to the front office at 9am!

We welcome all parents to come along and join in. The sessions are free of charge, all you need to do is bring along your trainers and water bottle as you will work up a sweat!

Sports support from QPR

On Tuesday afternoons, 4MC has the pleasure of having Alex from QPR Football Club in our class. He comes in to deliver sessions on how to live a healthy life, followed by a session outside showing us different ways we can be active. Over the past couple of weeks, we have learned that being healthy isn't just about being physically active, but also about having a healthy mind and healthy relationships. We have made a promise to take one unhealthy thing in our life and change it to a more positive, healthy option (for example, changing soft drinks to water in our diet). We have learned that children our age should be active for at least 1 hour every day, and that we can achieve this by doing small things like walking to school and playing running games for fun at break time. We can't wait to learn more!

Ashmit in 4MC: "I really like the session with Alex because it helps me understand how to be healthy so that when I grow up I can be healthy and strong and be a cricket player."

Emi in 4MC: "Alex has taught me how to become healthy in different ways, like running, eating healthy and much more."

Miss Cormier – year 4 teacher.