



Sports Fortnight 2021

Dear Parent/Carer,

After a year in which young people have missed out on so much and had their worlds turned upside down, sport and physical activity are playing an essential role in their recovery. This year, we are holding a two week long sports fortnight where we will celebrate PE and physical activity through a range of different sporting activities such as: exploring different dance styles, karate, tennis, rock-it-ball, freestyle football and lots more! Make sure to stay connected to our school PE twitter account @pe_langley to see updates of what we are all getting up to!

Unfortunately, due to the current climate, we are unable to hold our annual Sports Day how we normally would. Children will still participate in some Sports Day events with their class but parents will not be invited to school to spectate.

Children's Cancer Run @ School

Every year, Langley First School take part in the Children's Cancer Run and raise significant amounts of money for this truly worthy cause. Children's Cancer North is an independent charity with over 40 years of heritage in supporting individuals and families affected by childhood cancer. The event that would normally take place at Gosforth Race Course is unable to be delivered in the same way due to Covid-19 restrictions. Therefore, we are taking part in the event from Langley to enable us to bring the fun and ethos of this much-loved event to our school! If you are unfamiliar with the event, we raise money by partaking in a run. Our children will be running with their year group to complete a 1 or 3 mile race. As a school, we have set a target of raising £1000 for this amazing charity. Please visit <https://childrenscancernorth.enthuse.com/pf/langley-first-school-whitley-bay> to make a donation and sponsor us for taking part. You can also find the link on our twitter account.

As there will be a variety of sporting activities for all of the children to take part in throughout the fortnight, please ensure your child comes to school in their PE kit or appropriate sporting attire every day.

Thank you
Miss Easton



Sports Fortnight 2021

Week commencing 14th timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Reception		Tennis Taster session (Class 1)	Karate Taster Session	North East Dance (Class 2)	Sports Day Events
Year 1	Sports Day Events		Karate Taster Session FA PE	North East Dance	Jamie Knight Football Skills
Year 2	Sports Day Events		Karate Taster Session FA PE	North East Dance	Jamie Knight Football Skills
Year 3		Tennis Taster session	Karate Taster Session		Jamie Knight Football Skills
Year 4		Tennis Taster session	Karate Taster Session		Jamie Knight Football Skills

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Week commencing 21st timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Whole school morning live video	Activ5 Launch	Football Fitness	Team Building with a twist!	Hayley's HIIT	Feel Good Friday
Reception	Multi Skills with Access Coaching (Class 1)	Tennis Taster session (Class 2)	Multi Skills with Access Coaching (Class 2)	North East Dance (Class 1)	
Year 1	Dodgeball Access Coaching	Tennis Taster Session	FA PE		
Year 2	Dodgeball Access Coaching	Tennis Taster Session	FA PE		Children's Cancer Run
Year 3	Sports Day Events		Rock-it-ball Accessing Coaching	North East Dance	
Year 4	Sports Day Events		Rock-it-ball Accessing Coaching	North East Dance Rounders with Valley Garden young leaders	