



Physical Activity Week

As part of our whole school physical activity strategy we are launching a TNHA Physical Activity week. This will take place the week commencing 20th June. The Monday 20th and Tuesday 21st are Sports Days. The Wednesday is 'normal' lessons with a focus on 'sit less, move more'. Then the Thursday 23rd and Friday 24th are going to be 'collapsed' days.

Thursday 23rd – Year 7 and 8 on Physical Activity Week options (see below). Year 9 and 10 in Vocational, Maths and/or English.

Friday 24th – Year 9 and 10 on Physical Activity Week options (see below). Year 7 and 8 in Humanities, Carts and/ or Science.

All of the options will take place during the school day. Therefore, all students can access their normal transport; to and from school.

Option 1: The Playground £18.00



Students will experience an outdoor assault course. They will be given instructions on each activity before attempting the complete course. Students will get muddy!

Option 2: Hautbois Water Activities: £15.00

Please note this option is for Y9/10 only.



Students can take part in one of Kayaking, Canoeing or Stand up paddle boarding. Students must be prepared to do any of the above on the day. Students will get wet!

Option 3: Walk for Wellbeing £1.00



Students will be taken off site for a walk around the lake at Whitlingham Country Park. There will be time to eat a packed lunch whilst at Whitlingham.

Option 4: Multi Sports – Free



This activity will take place at TNHA. Students will be taught a variety of sports throughout the school day.

Option 5: Tenpin Bowling & Sandringham - £10



Students will take a coach to Kings Lynn for a game of Tenpin Bowling at Strikes. They will then head to Sandringham to have a walk and eat their packed Lunch.

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Option Form

Students Name

Year

Tutor Group

	Please indicate on the options below your 1 st , 2 nd and 3 rd Choice.
Option 1: The Playground £18.00	
Option 2: Hautbois Water Activities: £15.00 <i>Y9/10 only</i>	
Option 3: Walk for Wellbeing £1.00	
Option 4: Multi Sports – Free	
Option 5: Tenpin Bowling & Sandringham - £10	

Please ensure this form is handed back to your tutor by **Friday 22nd April**. We will do our best to put each student into their preferred choice. However, most trips do have a maximum number of students due to the providers capacity. Once groups are created, the payment for the trip (where applicable) will go live on school money. The deadline for payment will be **6th May**. Once paid, your child has secured their place. In turn, they will receive a letter giving further details of the trip (times, clothing required etc).

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Determined to be the best we can be...

#TNHAWay