



# Physical Activity Week

As part of our whole school physical activity strategy, we are running another TNHA Physical Activity week. This will take place the week commencing 1st July. The Monday 30<sup>th</sup> June and Tuesday 1<sup>st</sup> July are Sports Days. The Wednesday is 'normal' lessons with a focus on 'sit less, move more'. Then the Thursday 3<sup>rd</sup> and Friday 4<sup>th</sup> are going to be 'collapsed' days.

Thursday 3<sup>rd</sup> July – Year 7 and 8 on Physical Activity Week options (see below). Year 9 and 10 have a curriculum day in the Academy.

Friday 4<sup>th</sup> July – Year 9 and 10 on Physical Activity Week options (see below). Year 7 and 8 have a curriculum day in the Academy.

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: Water Sports Activities - £26.00



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 2: Tenpin Bowling & Sandringham - £14.00



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.

## Option 3: Multi Sports – Free



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

## Option 4: Banham Zoo - £17.50



Spend the day walking around the Zoo. Banham Zoo is home to 100's of amazing animals from across the world. With giraffes, tigers, leopards, meerkats, penguins and more.

## Option 4: Indoor Laser Tag - £19.00



Students will be put into groups to do battle at indoor laser tag. How is your aim!?

**The below options are for specific year groups only...**

## Option 5: The Playground - £23.00 (Year 7 and 8 only)



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 6: Walk for Wellbeing - Free (Y9/10 only)



Students will be taken off site for a walk. There will be time to eat a packed lunch whilst off site.

## Option 7: Paintballing - £45.00 (Y9/10 only)



The paintballing trip is a Combat Paintballing in Thetford. It includes; equipment hire, entry, 500 paintballs and lunch. Students will play against each other in a variety of games.

# Physical Activity Week

Please ensure the below online form is completed by **Friday 31<sup>st</sup> January**.

The form gives your son/daughter consent to take part in any of the offsite activities. On the form we ask you to provide us with your son's/daughter's 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> choice activity **(these must be different choices)**. 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 your child's school money account. Once paid, your child has secured their place on the relevant trip. In turn, they will receive a letter giving further details of the trip (times, clothing required etc).

We can support students that are entitled to Free School Meals by reducing any trip by £2.00 (where applicable) and provide a free school packed lunch. Please indicate this on the form.

*The form can be access by either using the link or the QR code below;*

<https://forms.office.com/e/S3PJ0e2sQE>



*Determined to be the best we can be...*

**#TNHAWay**

# Physical Activity Week

## What now?

- 1) Spend time reading your options booklet at home with parents/ carers (this has been emailed home!)
- 2) Ask your friends – what do they want to do?
- 3) Parents/ Guardians must complete online form to indicate choices **by 31<sup>st</sup> Jan.**
- 4) If you miss the deadline activities will fill up!!