



Atlantic Academy Portland

an Aspirations Academy

Miss Heppell - Principal of Primary
Mrs Bishop - Principal of Secondary

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12th November 2019

Dear Parent/Carer

Healthy Living Fortnight at Atlantic Academy

I am writing to make you aware of all the exciting events we will be delivering during the Healthy Living Fortnight that runs alongside the Unit 1 PPEs - Monday 18th November and Friday 29th November 2019.

Examples of some of the opportunities available are:-

- Skipping Training in Primary
- Zumba for the whole school
- Active minutes competitions
- Football and Cricket skills Academies

Please see flyers attached for a more comprehensive overview of the Primary and Secondary events and educational focus on offer.

Should you have any questions please do not hesitate to get in contact with me.

Yours faithfully

Ms Board
Assistant Principal Orange Faculty



ASPIRATIONS

The Aspirations Academies Trust
Company Registration Number: 07867577
Chief Executive: Steve Kenning

Primary:



Monday Keeping Fit	Tuesday FOODS	Wednesday Healthy bodies	Thursday Healthy Minds	Friday Environments
YR - Daily Mile & Just Dance Y1 - Fitness, Games and Challenges Y2 - Dance - the Science	YR - Fruit Kebabs and portion plates Y1 - Healthy Sandwiches Y2 - Healthy plates and meals	YR - Teeth brushing Y1 - Healthy Athletes Y2 - Team GB Athletes	YR - Yoga and Relaxation Y1 - Yoga and Mindfulness Y2 - Yoga and Growth mindset	YR - Tidying Y1 - littering and Recycling Y2 - Recycling
RECEPTION & KEY STAGE 1				

Monday	Tuesday	Wednesday	Thursday	Friday
Y3 & 4 - Run a mile Y5 - Timber Trail Challenge Y6 - Fitness and our bodies	Y3 - Sugar contents Y4 - A greek diet Y5 Mediterranean diet: Y6 - Can a pizza be healthy?	Y3 - Keeping Clean Y4, 5 & 6 - Team Building Games	Y3 - Brain Gym Y4 - Mindfulness Y5 - Yoga Y6 - GoNoodle!	Y3 - Litter awareness Y4 - Ecobricks Y5 - Nature Walks Y6 - Litter Picking
KEY STAGE 2				

#HealthySelfie

Chance to win!

Tuesday	Wednesday	Thursday	Friday

Secondary:



Monday	Tuesday	Wednesday	Thursday	Friday
Exotic Fruit tasting Football Skills Academy Atlantic Fitness Challenge Football Race for Life	Guess the Fruit Football Skills Academy Nutrition seminar Atlantic Fitness Challenge Race for Life	Guess the Fruit Skills Academy Atlantic Fitness Challenge	Nutrition seminar Atlantic Fitness Challenge	Inset Day

Healthy Living Week one

Monday	Tuesday	Wednesday	Thursday	Friday
Cricket Workshop Nutrition seminar Atlantic Fitness Challenge Football	Football Nutrition seminar Atlantic Fitness Challenge	Cricket Workshop Atlantic Fitness Challenge Zumba	Atlantic Fitness Challenge	Cricket Workshop Nutrition seminar Atlantic Fitness Challenge Football

Healthy Living Week two



Wednesday 27th November

Zumba with Lou Sams

Whole School