



# Atlantic Academy Portland

an Aspirations Academy

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

Maritime House  
Southwell Business Park  
Portland, Dorset. DT5 2NA

Tel: 01305 820262  
Email: [Office@atlantic-aspirations.org](mailto:Office@atlantic-aspirations.org)

[www.atlantic-aspirations.org](http://www.atlantic-aspirations.org)

14<sup>th</sup> October 2022

Dear Parents and Carers,

Here at Atlantic, we are very excited to announce that, for the fourth year running we will be holding our annual Healthy Living Week.

From Monday the 31st October, all children, in all Primary classes will be actively learning how we can all be a little bit healthier and happier - inside and out! This year, we are thrilled that we can welcome active workshops and guest speakers into our school to broaden the children's experience and embed healthy habits further. Throughout the weekly class lessons, children will be not only learning about how to improve their nutrition and exercise but social and emotional wellbeing, mental health and environmental health.

Of course, we will be bringing back some old favourites as well as some super-fun new activities:

- **The Daily Mile** being possibly one of the most beneficial - both staff and children alike, physically and mentally feel the benefits of getting out of the classroom and getting moving everyday. This year, with the added competition between Chesil Cove, Church Ope and Castle Cove Schools to see who can run the furthest in the week.
- **Family Challenges** will be in a newsletter and on social media by half term for you to take part in at home;
- **Staff Sports Bingo** will be shared on our Daily Message Board to hopefully inspire the children, showing that we like getting active, too;
- **Lunchtime Inter-school Competitions** from Relay Races to Dodgeball to Football to Skipping!
- **Finally, Breaktime Challenges**, led by staff, will keep the children on their toes with some tricky manoeuvres to bring out their determined and competitive side!

To support these activities, the children and staff are encouraged to wear their P.E kits all week.

If your child goes to a sports/activity club outside of school, we would love to see any recent photos you have of them either in action or in their kit. We will display these photos on our digital boards throughout the school corridors so everyone can see them! Please send any pictures to [crussell@atlantic-aspirations.org](mailto:crussell@atlantic-aspirations.org).

We truly believe this will be our best Healthy Living Week yet, and with your enthusiasm from home: joining in with Family Challenges; asking about their health focus that day; how your children fared in the Lunch and Break Time Challenges - will add to the children's excitement and commitment to this fun-filled week.

Yours sincerely

Coralie Russell - Primary P.E Coordinator at Atlantic Academy



# Healthy Living Week

31 October –  
04 November  
2022



Reception Nutrition	Year 1 Healthy Routines	Year 2 Physical Fitness	Year 3 Exercise for all	Year 4 Healthy Bodies	Year 5 Environmental Health	Year 6 Emotional wellbeing
Can we design the healthiest packed lunch?	How do we measure who is the fittest of us all?	How do you create a top to toe fitness plan?	What makes paralympians Superhumans?	Does the fuel we feed our bodies affect performance?	Where does all the rubbish go?	How can we dream big to achieve amazing things?
<b>Year group FOCUS</b>						

Daily Mile	Freestyle Football	Keep Dancing	Sports Stars	Daily Challenges	Sports Celebrations	???
Take part in our daily mile challenges.  Which of our schools will complete the most miles?	We welcome our freestyler footballers for workshops on skills, resilience and growth mindset.	Razzmatazz join us for a showcase and workshop across all year groups	Our students from upper year groups will be sharing stories of their sporting successes.	Fancy your chances in a Dodgeball tournament? Compete in a whole week of breaktime challenges.	Do you participate in sports outside school? This is the time to celebrate your successes.	xxx
<b>Weekly activities</b>						

## Whole School Challenges

Family Fitness Challenge

Daily mile

Healthy Habits points

Break time tasks