

Eat Fit Keep Fit week 2020
@ home

Hello Queensgate parents and children!

I hope that you, and your families, are all safe and well. We continue to miss you all.

This week would have been our annual 'Eat Fit, Keep Fit' week at school. We'd love you to have a go at as much as you can at home, including linking as much of your Maths, English and any other subject you can link to PE, exercise and sport! Parents, the activities set up would be even better if you can possibly offer help along the way. Below, is a brief explanation of what's in the folder:

Cross-curricular

- The activities in this folder are competitions led by the team in charge of PE across the Stockport authority. They are designed and explained well enough so that everyone can have a go. Ignore any of the dates on each of the competitions. Jude Riddings is the person in charge of everything. Should you wish to enter any competition, her email address is judith.riddings@stockport.gov.uk She loves receiving entries so send them in!
- Design Technology- Food
Below is a link to 67 yummy recipes that are child-friendly in terms of preparing and cooking.
<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>
Get planning, cooking and serving a yummy, healthy (EAT FIT!) 3-course meal at some point this week. Obviously, parents will need to be involved to discuss things and help...don't be doing things on your own!
- Don't forget to see the 'Healthy Lifestyles' video and 200 word challenge that's also on your blog page.
- Epic Reading- lots of you have been assigned some fantastic books linked to sport, exercise, healthy eating on the Epic reading site. Enjoy! I think there might be some videos, too.

Family Challenge

- Please read the information on here to see how you could be in with a chance of winning some great prizes (see below). The Train to Tokyo map is saved in the Family Challenge folder. We already have a number of Queensgate families who have started to enter this. It would be brilliant to have as many as possible.

1st—family membership for a month (worth £75) + free week's holiday camp for the children

2nd/—free week's holiday camp for the children

3rd-free week's holiday camp for the children

Olympic Games

- There are two Olympic Games festivals to have a go at. They are pretty easy to understand. These were initially designed to be done in school but don't worry about that. You might need to be creative with a few pieces of equipment that you need, but the idea is that they are easy to set-up. Parents might need to help with recording scores etc, and helping to set up. They are great fun!

Maths

- Here are a couple of brilliant resources linked to maths and exercise. It's just like the Active Maths we do in school!

Sports Day

- Finally, how could we have an 'Eat Fit, Keep Fit' week without a Sports Day? Make sure parents are there, and that they compete in something too! We always have parents' events at the end!

It would be brilliant to see some of the things that you do. Please ask parents to tweet any photos or videos to our school twitter page, which is [@QueensgatePS](https://twitter.com/QueensgatePS) and please include the hashtag [#QPSPE](https://twitter.com/QueensgatePS) Have fun everyone. Stay safe and thank you all for you amazing support. I hope Eat Fit, Keep Fit week 2020 is spectacular!