



## The Ruskington Chestnut Street CofE Primary Academy

Chestnut Street, Ruskington, Sleaford, Lincs. NG34 9DL

Telephone: (01526) 832424

Email: [school.office@chestnut-street.lincs.sch.uk](mailto:school.office@chestnut-street.lincs.sch.uk)

Executive Head Teacher: Mrs K Hodson

Head of School: Mrs C Buckley

[www.chestnutstreet.co.uk](http://www.chestnutstreet.co.uk)

---

Dear Parent/ Carers,

As you are aware Sports Relief week is fast approaching. With this in mind we will be doing activities throughout the week starting on Monday 19<sup>th</sup> March and finishing on Friday 23<sup>rd</sup> March.

All classes will take part in different sporting activities including the daily mile, yoga, mindfulness activities and an individual challenge. For the individual challenge you and your child could discuss what they find a challenge and we are hoping that by the end of the week after lots of practice they will have achieved this. Ideas could include hopping on one foot, being able to complete a headstand or a forward roll, being able to run 10M in less than 10 seconds or being able to throw and catch a ball so many times in a minute. We will record some of these individual challenges and tweet them. If your child sets themselves a trickier target we will continue to work with them for the rest of the year to help them complete this.

On Friday 23<sup>rd</sup> March your child can come dressed in 80's style dance/ disco clothing and will take part in a danceathon, we are asking for a contribution of £1 which will go to Sports Relief. Please ensure that they have sensible footwear and coats to go outside with for playtime.

We are sure the children will enjoy all the activities we have planned for them and look forward to having a dance on the Friday.

Thank you in advance for your support.

Laura Maddick  
PE leader and class teacher