

Wellbeing Week 2024

Wellbeing week	N	R	Year 1&2	Year 3&4	Year 5	Year 6
Monday AM	10.30 -11.30 AM Mr Armstrong	Pedal and scoot all day	Cheerleading with Lucy 9-9.45 am	Dance with Lucy 9.45-10.30 am	Cheerleading with Lucy 10.45 – 11.30	Mr Armstrong 9-10 AM – Archery
Monday PM	CUFC 1-2pm	Pedal and scoot all day				Football CUFC 2-3PM
Tuesday AM	Dance with Ellie 10.45-11.30 AM	Pedal and scoot all day	Dance with Ellie 9-9.45 AM		Dance with Ellie 9.45 -10.30 AM	
Tuesday PM		Pedal and scoot all day		Mr Harkness circuit session 2.10- 3pm	Mr Harkness circuit session 1-2 pm	
Wednesday AM						
Wednesday PM	Sports Day Afternoon 					
Thursday AM						
Thursday PM	Project Day All day  Forest School (Miss Kendall) , Problem solving (Mrs Winspear), Cricket (John), Nutrition (Miss Lowther & Mrs Harvey)					
Friday AM		Yoga with Gemma 10.15 -11.00 AM		9-10 AM Yoga with Gemma		11.15AM – 12PM Yoga with Gemma
Friday PM				Golf with Ellie 1-1.40 pm	Golf with Ellie 1.40-2.20 pm	Golf with Ellie 2.20-3.00 pm