



Singlegate Primary School is celebrating National Fitness Day in partnership with The Gym



Wednesday 27th September 2017

The Singlegate Primary School Community embraced National Fitness Day in true championship style. Children, staff, families and the staff from The Gym in Tooting were encouraged to celebrate the fun of fitness and physical activity while raising money for the Evelina children's ward at Guys Hospital and Phase 2 of the development of our playground.

The older children, staff and families were invited to start the day by taking part in a 'run a mile' event to firmly prepare them for the day. Whilst the children were running, some staff took part in a yoga session. Every child and member of staff were invited to donate £1.00 to start the big fundraiser.

The National Fitness Day then progressed to enable the children to complete four physical/well-being activities to meet the National Fitness Day Challenge. Activities planned involved the children learning about how to eat a healthy, balanced diet with a focus on reducing the amount of sugar that is consumed and learning experiences to support emotional well-being. As part of the learning about reducing the amount of sugar in our diets, some of the classes made 'healthier snacks' with either small amounts of sugar in them or even no sugar. These snacks were sold to families at the end of the day to support our fundraising mission. As each activity was completed the children had to record what the activity was on their National Fitness Day Pass. These lovely passes are displayed in all classrooms to celebrate WELL-BEING. At Singlegate Primary School we promote the vision:

'Healthy Body, Healthy Mind'



