

6th - 10th July 2020 Sandringham School Fit for life Week



Aim - To highlight and encourage the importance of physical activity and wellbeing in all of our lives for now, whilst also creating habits for a lifetime.

- An introductory video to the week can be found [here](#)
- This year we are raising money for Mind to support the understanding and services for Mental health in the UK. Please feel free to use the [Justgiving link](#) to donate
- The [Timetable](#) for the week is available to look at activities and sessions available.
- **Monday 6th, Tuesday 7th, Thursday 9th** will be usual school days on our VLC with all physical activity and wellbeing sessions opened up to the whole school community at **15:00** each day. All signposted on the timetable.
- **Wednesday 8th** will be the Virtual Sports Day.
 - The instructions for the day are available [Virtual Sports Day](#) including demonstration videos of all the activities.
 - Live Results throughout the day via live Google meet stream at 3 key intervals
 - [Certificates](#) (Emailed) for winning Sandringham students and House points for participation
- **Friday 9th** will be [Virtual Charity Run](#)
 - Window of opportunity to run/ walk 5km remotely (9:00-14:00) for whole school community
 - Encouraging mass participation from school community, including fancydress and sharing of activity via social channels
 - Live results at 14:45 via Google meet stream
 - All participants can download/print wear their [virtual medal](#)