



JUNE 17TH - 21ST



NATIONAL SCHOOL
SPORTS
WEEK

Come dressed in your PE kit
or sporting attire on
Friday 28th June

Join us celebrating National School Sports Week, and Champion 60 minutes a day of PE, sport and play.

We're calling all families too, to champion the importance of 60 minutes a day of PE, sport and play! Send pictures and stories of your children taking part in any physical activity or sport. We would love to see how busy you have been!

We will be bringing lots of different sports and school subjects together through sport, celebrating and encouraging young people to get their 60 minutes a day of PE, sport and play! *

With the UEFA Euro 2024 competition just starting and the Olympics to commence in the summer, we have a super exciting and sporty year to do our part too at St Mary's!

**National School Sports Week is back for 2024, and this year we want to make sure that all children in the UK are active for the Chief Medical Officers' recommended minimum time of 60 minutes a day. That's why this year, along with our campaign partner Sports Direct, we're asking you to 'play for fun, play for 60'!*

We want families, schools and partner organisations to take the #PledgeToPlay today.

The pledge supports the government ask that children are active within school for 30 minutes a day, and then outside of school for at least another 30 minutes, supporting every child to reach the minimum amount of 60 active minutes. For disabled young people, the Chief Medical Officers' recommendation is for a minimum of 20 minutes of physical activity every day, including strength and balance activity three times a week.

Thank you and go enjoy being active!