National Fitness Day: 16th September 2026

We had a wonderful day of fitness last Wednesday, working together in our classes to gain power up points.

We fit quick bursts of movement into our school day using our 'Power Up' ideas. Every minute classes moved together earned 50 Power Up points.

Children did many different things: dancing, gymnastics, brain gym and more to earn them and we learned a little bit about why we need to keep fit and healthy.
We all have the power to move in our own way.

Impact on Our Children

National Fitness Day gave our KS2 pupils a fun opportunity to get active and learn why regular exercise matters. Through taking part in physical activities, pupils explored how fitness can support a healthy body, healthy mind, improve wellbeing and build positive habits, helping them understand the importance of leading an active, healthy lifestyle.

SHOUT OUTS!

A big thank you to all the staff and children for taking part in the day and making the most of the experience.
A huge shout out to Dragon's Edge class for their effort - they earnt the most points so won an extra break time for even more active minutes!

It was great, we even included football club in our points!

We flew around like dragons- we got 100 'power up' points.

We did the beat to 'We Will Rock You!' It was fun!