

15 January 2021

Good afternoon,

I am writing to you to explain how children who are learning from home can access PE for the remainder of lockdown. Thank you for being patient with me in the previous few weeks, it's extremely tricky to get PE into your homes for the children to attempt. We have now found a simple and easy solution!

We have created a PE page that can be found on the school website where the children will be set PE challenges to attempt. There are videos that explain how to attempt the challenges that will be set each day. The children will be sent a link to this webpage via TEAMS. They will also receive a video of me explaining and demonstrating how to access it.

Here is the link so that you can access the PE webpage – [OAMR PE Webpage](#)

Challenge 1 will always be 'Wake up and Activate!' - This challenge will have a different video to complete for each day of the week, Monday to Friday. Children will need to attempt this at 8:30am each day. It's a great way to start the day and get those positive endorphins going in anticipation for a day of learning!

There will then be numerous additional challenges for the children to take part in when they have spare time throughout their day or evenings.

The children still attending school may also have some opportunities to take part in these challenges, as their teachers may find some time for them to attempt it. They can also participate with these if they have some spare time in their day or when they are at home in the evenings and weekends.

There will be a score recording sheet on the webpage and in the children's TEAMS for them to record their scores. They can share their scores via their TEAMS chat. Please encourage this as we really want our pupils to be as active and engaged as possible.

Thank you
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