

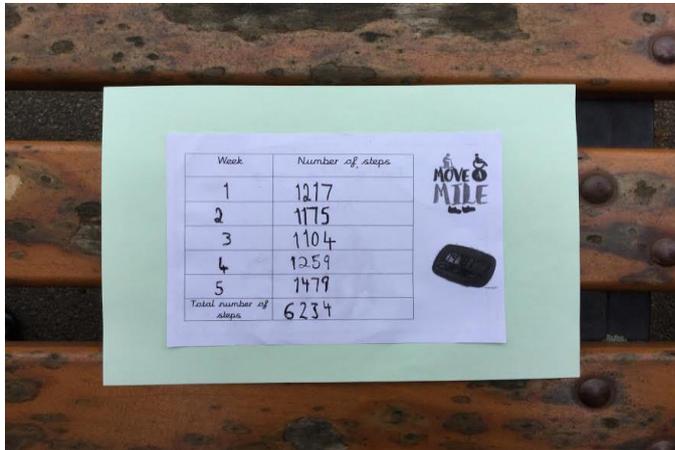


Move A Mile @ Westfield Primary 2016 and 2017

Our school is already really cool for sports. We do loads of PE, win matches and go swimming every week. But Mr C came back to school one day and said we needed to try and do even more to stay healthy and he told us about.....Move A Mile!!

Move a mile is an active task to help children move an extra mile more every week. It is also to get people more motivated and more active. Here are a few words Mrs Randle, our very own reception teacher and PE leader, had to say about move a mile :“Move a mile is so good because all of the children who have participated are much more energetic. The kids also get

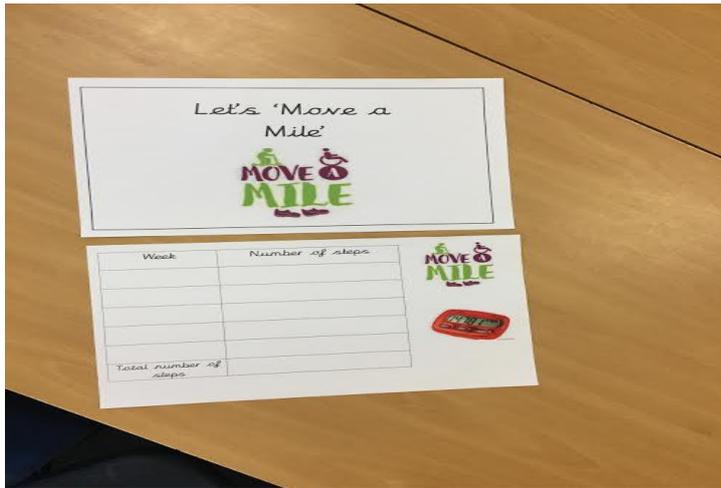
a chance to have ‘social moments’ with their friends. This is because they can move in any way, including walking, running, dancing or prancing around the playground.” 97% of the children agree that Move A mile has significantly helped them.



Children collect their Move A Mile ‘passport’ and a step-counter (aka pedometer) at the start. They then can run, walk or anything really around the field and playground. They write their step numbers on the passport and record what they do each week.



We are celebrating these in assembly and at the end of each term the winners will receive a real FITBIT which has been bought by our lovely and kind PTA. This is extra motivation for children and then they might go for a run with their dog or dad at the weekend.



Cross Country

Every Friday Mr Chorley takes over 40 pupils, after school, to run 3.5km. It used to be about 20 children, but by having another adult (the kind and generous Mrs Flagg) and getting the year threes to come it has doubled the numbers running each week. They run off-road around all the fields around Radstock and Westfield and often get very muddy!!



Made by Ava, (Somerset house captain), Jenna, (Frome house captain) and Verity, (Yeo house captain)