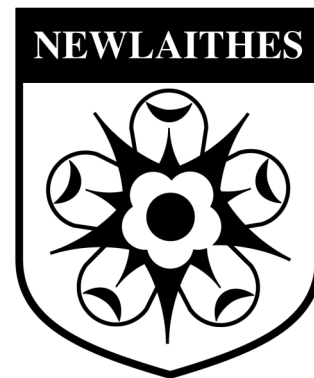


# Newlaithe's Nursery and Infant School Sports Week 2026



Our sports week will be the week commencing the 6th July 2026, which ties in with the Youth Sport Trust's *Summer of Sport*. The aim of the *Summer of Sport* is to encourage children and their families to increase their activity levels. Did you know, only 49.1% of children in England meet the recommendation of 60 minutes activity per day? In fact, 28.4% of children are active for less than 30 minutes per day! Staying active is especially important for our youngest pupils, as not only is it a key part of developing healthy, lifelong habits but has a surprisingly important role to play in overall brain development and fine motor control. To celebrate and encourage this, we would love to see what you have been doing recently to get active. This could be a club you attend after school, or alternatively something as simple as walking to school or playing in the garden. Reception and nursery, please send your photos through Evidence Me, Year 1 please send to [contacty1@newinf.cumbria.sch.uk](mailto:contacty1@newinf.cumbria.sch.uk) and Year 2 please send to [contacty2@newinf.cumbria.sch.uk](mailto:contacty2@newinf.cumbria.sch.uk). We will be sharing these during our Friday assembly.

## Morning mile!

Each year group is invited to join their children on a morning mile, one day of the week. Adults wait on the playground during registration and then join their children in completing a 9 lap walk of the playground—roughly until about 9:20. Please look below to see which morning is allocated to your class.

Nursery	Wednesday 8th July
Reception	Monday 6th July
Year 1	Tuesday 7th July
Year 2	Thursday 9th July

Please make sure children come to school with appropriate clothing every day. We have a very busy week with some sessions planned inside and some outside. Please make sure you send in a waterproof jacket, just in case!



**Sports day** will be held on Friday 10th July. Nursery will have their sports day in the morning and Reception, Year 1 & Year 2 will take part in the afternoon. Nursery will begin at 9:15 and be taking place in the MUGA to the rear of the school, R, Y1 & Y2 will take place at 1:15 on the field in front of school. Nursery parents will be receiving information about this separately. If you would like to watch your child, please arrive for these times. Obviously, British weather can be temperamental and should any changes to this be needed we will notify you as soon as possible. Children are also competing in other events throughout the week to score points alongside the running races on Friday to be crowned class champion!