



Happiness at the heart of learning

Whitehall Junior School Cowley Road Uxbridge Middlesex UB8 2LX

Health and Fitness Month

Monday 1st June 2026

Dear Parents / Carers,

This year we will be holding a Health and Fitness Month, which will take place throughout the month of June. We will continue with the Birmingham 2022 Commonwealth Games motto, 'Games for Everyone'. We have planned a wealth of fun physical activities for the children throughout this month, including Sports Day, where we are pleased to welcome parents/carers to attend again this year.

See below an outline of the activities that we have planned for Health and Fitness Month.

Sports Day

This is taking place on Monday 22nd June. Please reference the separate 'Sports Day' letter, which outlines all that you need to know about this event.

Intra-House competition

Each class has been timetabled a session time to complete an intra-house competition. This involves the class completing three different games (corner football, corner handball and dodgeball, 20-minutes for each game). During each of these games, the children will work together to earn valuable points for their house. These points will be collected to see which house (Colne, Chiltern, Frays and Mill) will win this competition.

Fitness competition

This is a class and year group intra-school competition. Each class has been timetabled a session time to complete three circuits of six activities (shuttle runs (5 metres apart), sit ups, lunges, step ups, skipping and star jumps). They will be active for 30-seconds on a station then they will have a 30-seconds rest before moving onto the next activity of the circuit; they will have a 3-minute rest before starting the next round of their circuit. The children will have their own recording sheet to write their totals for each station during each circuit. Once they have completed their three circuits, these totals will be collected in to identify the two winners from each class and the class winner per year group.



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Climbing Wall

We are very excited to announce the return of the Beeline climbing wall, which will be constructed on our playground on the Wednesday 24th June - Friday 26th June. Each class has been timetabled an hour session to challenge themselves in climbing the wall.

Year 6 Only: Ealing Rugby Club Taster Session

We are delighted to have secured coaches from Ealing Rugby club to come into school on the morning of Tuesday 23rd June to hold a 30-minute assembly with all Year 6 pupils, which will be followed by a 30-minute rugby taster session led by these coaches for each Year 6 class.

Please make sure that your child comes to school in their PE kits (red top and black bottoms) on Monday 22nd June for Sports Day and on the days that their teacher specifies in your child's planner for the other arranged activities.

We are very much looking forward to Health and Fitness Month. Please support us in making the month run smoothly by ensuring your child comes into school in their PE kit when requested as well as making sure that they have a water bottle, hat and sun cream applied before arriving to school on hot days.

Yours sincerely,

Miss Groves and Mrs McCarthy

PE Coordinators