



Dear Parents and Guardians,

### **Remote Sport for Spring Term, 2021**

I trust you are all well. Given the circumstances for the coming half term, the message that the PE and Games Department continues to aim to get across to the boys around physical activity and exercise is that they should have *some form of exercise as part of their **daily** routine*. The nature and suitability of this exercise will invariably vary depending on the individual and individual circumstances.

The programme we have devised, and the sessions and competitions as linked below, will hopefully engage the boys, as well as give some structure to each week!

#### **Games**

Physical activity sessions, which can be done from/at home, will be set on Firefly for games lessons for the half-term. If possible, boys should complete these in their 'normal' games time (Tuesday, Thursday and Saturday afternoons). However, if more suitable for the family or the individual, they can be done at any time in the week. The sessions will be age and level appropriate and therefore suitable for all. They will normally include a combination of:

- a warm-up and cool down
- a body weight/'core' circuit
- a walk/run/cycle/row - which will be part of a **house competition**
- a wellness/mindfulness activity

If boys plan to take part in this house competition, they will need to sign into the ['Strava' app/site](#) and find Bedford School and then their house group in *Explore/Clubs* and request to join.

The games sessions and further information about the weekly **Skills and HIIT challenge** can be found [on Firefly](#).

#### **Physical Education Lessons**

Practical [Physical Education](#) lessons, which can be completed in a small area at home, will be set (on Firefly) for all Fourth, Remove and Fifth Form groups for the first two weeks. If possible, boys should do these during their 'normal' PE lesson time. From the week beginning 18 January, PE staff will deliver 'live' (practical and active) PE lessons via Microsoft Teams. On PE lesson days, boys should wear appropriate sports kit (boys will still only need a small space to take part in these lessons). We will ask boys to turn cameras on for these lessons.

#### **Extra-Curricular Sessions**

Practical 'live' sessions, which can be completed in a small area at home, will be offered to boys on a regular basis. These sessions will ordinarily take place on a Monday, Wednesday and Friday lunchtime (12.45pm to 1.15pm). Details for these sessions will also be [posted on Firefly](#).

#### **Nutrition and Healthy Eating**

Nutrition and healthy eating will also form a large part of everyone's wellbeing at this time. In keeping with the message above, we recommend that boys maintain a daily routine based around consistent

water hydration, three main meals a day, healthy snacks and making good food choices for most of the time. Further details can be found [on Firefly](#).

If you have any questions, please do not hesitate to get in touch.

Kind regards,

**Barry Burgess**  
Director of Sport