



## THE SCA Health and Wellbeing Plan – PE Department

### A Guide to Exercise, Activity and Wellness

Dear Parent/Guardian,

Now that students and their families have ‘settled in’ to their remote learning, we are aware of some of the pitfalls that may be involved in being online for large proportions of the day. Therefore, please see below some information and guidance around keeping active, moving and personal wellbeing, through our health initiative- ***The SCA Health and Wellbeing Plan***.

Within online PE Lessons, students divide their time between knowledge based wellbeing lessons and independent physical challenges set by their PE teachers. However, we always encourage additional physical exercise to maintain both physical and mental health. There will also be content uploaded to TEAMS for students to access, providing further extra-curricular opportunities. We are also in the process of rolling out the Sutton Community Academy ‘Around the World Challenge’, which will see students and staff run, walk or cycle 25,000 miles around the world, whilst competing against other secondary schools in the local area. Keep an eye out for more exciting updates regarding this.

Please accept these suggestions for you and your families to take part in either individually or together:

- [NHS Wellbeing Advice](#) – Information about all aspects of wellbeing including physical workouts, mental health advice and general lifestyle tips.
- [Couch to 5K](#) – A week-by-week plan to get people achieving the goal of completing a 5k race.
- [Tips for Wellbeing](#) – Some ideas and information on how to relax and cope well with the lockdown
- [Free Online Workouts](#) – A series of free online workout videos to meet all needs.
- [Tips of how to deal with Lockdown](#) – Tips and advice on how to deal with the lockdown.

We hope that these links and ideas can help all our community deal with the challenges we face whilst we are in lockdown. Below is a suggested day-to-day plan that you and your family may wish to follow.

We hope that this document finds you well and that you are all staying safe.

Kind Regards,

**PE Department**

