# PE AND SPORT

## SPRING 2024

## THINGS TO LOOK FORWARD TO...

PE lessons will see children begin gymnastics as well as handball and indoor athletics.

We look forward to competing in more competitions including an indoor athletics event, sitting volleyball festival and the conclusion to the football league

## CLUBS

Keep an eye out for clubs starting next term this will include;

Dance—Year 5 & 6

Gymnastics and Cheer—Year 5

Football - Years 1,2,3 and 4

## AUTUMN RECAP

Children have had an exciting and busy Autumn term. PE lessons have been bustling, sports teams are up and running and trips and visits have been successful. Some of the highlights from the term have been how well the football teams have represented the school, enthusiasm from all children for our Daily Mile activity and most recently a trip to The Copper Box Arena to watch the London Lions play basketball!

## LONDON LIONS TRIP

15.12.23

Mollie-Ann, Sports Journalist

It was a pleasure to go to watch the London Lions and enjoy it we did!

We went to The Copper Box Arena, we all sat in the middle of the stand to watch a basketball game. The London Lions were against Cheshire Phoenix. The final score was 102-95; lions won!

I really, really enjoyed the game and it was the best experience ever (I can still hear the sound of the cow bells ringing)!

## Why children and young people need regular Physical Education, School Sport & Physical Activity

**FACT 1: ACHIEVEMENT**
Pupils improve in all subjects

**FACT 2: PERSONAL DEVELOPMENT**
Pupils are more confident & positive

**FACT 3: SOCIAL SKILLS**
Pupils have more developed social skills

**FACT 4: HEALTH & EMOTIONAL WELL-BEING**
Pupils have a better outlook on life

**FACT 5: LEADERSHIP**
Pupils will be able to make informed decisions

### Statistics

- An 11% boost in SATS results has been linked to programmes that directly improve pupils' social and emotional well-being
- Pupils engaging in self-development opportunities including sport and physical activity achieve 10-20% higher GCSEs

SCHOOL GAMES GOLD 2022/23

# PE KIT

**PE kit must be in school every day and should be kept in school, in a named bag.**

Please ensure that your child **always** has the following items in school:

- **Black shorts**
- White t shirt
- **Plimsolls for indoor PE**
- Trainers for Outdoor PE
- **Plain, tracksuit bottoms and top are permitted for outdoor PE, however, logos must be discreet.**

Please ensure all items of clothing are named to avoid loss of belongings or confusion.

# PHOTO DROP

PE