

January PE Newsletter

A select number of year 5/6 students have taken part in sports leadership training with a coach from Archers. Throughout the training, the children have learnt how to run and plan sessions and how to become good leaders. They have also learnt about how to keep sessions safe and how develop them for different ages and progression.

Y1

In year 1, the children have been doing gymnastics, they have been working on body shapes and balancing. The children have been travelling across benches in different ways including balancing and stepping off at the end. The children have also been making shapes with their body to see how big and small they can make themselves.

Y2

The year 2's have been working with Rob from Sheffield United in their P.E. lessons. The children have been working on throwing and catching. They have played lots of different games to help them work on their throwing and catching skills. A lot of improvement has been made. Keep it up!

Y3

In year 3, the children have been working on their gymnastic skills, they have been practicing balances and rolls. The progress made from the children is great, they have picked it up well and they will soon be making up their own routines to show to the class. Keep up the great work!

Y4

The year 4's have been learning about the sport handball and Tudor dancing. The year 4's have really enjoyed the Tudor dancing and have learnt lots of new dance moves! Their dance routine is coming along nicely and it's lovely to see the children enjoying themselves and learning something new.

Y5

The year 5's have been participating in both practical and theory based P.E. sessions with Sheffield United. The children have been learning about healthy eating and physical activity. They have learnt about how much exercise they should be doing a day and how much sleep they should be getting in order to maintain a healthy lifestyle.

Y6

The Year 6's have been doing Gymnastics in their P.E. lessons. They have been putting together gymnastic routines and performing them to the rest of the class. Some of the Year 6's are currently participating in swimming lessons. A lot of improvement has been made from week 1. The children have really enjoyed going swimming and it is a great skill to have from a young age.

Reception

The P.E. in Reception has been based around the book they have been reading and learning about- Goldie Locks and The 3 Bears. The children went on a hunt to find Goldie Locks and they had to balance and run after her whilst completing different activities on the way. The children really enjoyed the lessons and were so pleased when they found her!