



SPORTS NEWS

Spring
2018

Parents, carers and children,

Unfortunately the weather has played havoc with some of our fixtures this term, notably our football and netball league fixtures and I'd like to thank parents for their patience and understanding. We have still managed a busy term however, attending many events and have many more planned for the summer term.

The staff have been focusing on the positive effect that exercise has on our brains and on how it can improve concentration and working memory, and to complement our broad inclusive PE curriculum we are looking at ways to get our children more active in and out of the classroom with more active, kinaesthetic lessons and the introduction of Workout Wednesdays and Fitness Fridays.

Multi Skills



All of year 1 & 2s joined children from other local primary schools at a Multi Skills festival this month. They all tried out various activities which focus on improving fundamental movement skills such as balance, movement and object manipulation.



Get Active



Some of our KS 2 children recently enjoyed a Get Active Golf Skills event at CSIA. It was led by Jonathon Lamb, a professional from Tehidy Golf Club. They all had a great time and several showed a natural flair for the game!



Netball



Well done to our very inexperienced netball team, who despite only previously playing once before showed great commitment and enthusiasm at a tournament against 6 other local schools. They played with great spirit throughout.



Sports Relief

Well done to EVERYONE who ran / walked for 30 minutes to raise money for such a good cause. We were amazed by the amount of laps you all did!



Cross Country

Congratulations to Jack Woolcock who recently represented the Penwith Cross Country team at a very muddy School Games Final in Newquay. He was up against very stiff opposition but did himself and the school proud.



Good Luck to Mrs Eustice who will be running the London Marathon next month, and raising money for Cornwall Hospice Care. If you would like to donate please see Mrs Eustice or Mrs B in the office.

Coose Trannock

Well done to 11 runners who braved the cold, damp weather early on a Saturday morning to join almost 500 local school children at Coose Trannock. This is an annual event superbly organised by Trannack School and it was great to see the children giving up some of their weekend to take part. They all ran with smiles on their faces and were a credit to the school.



Workout Wednesdays & Fitness Fridays

Workout Wednesdays proved so popular with children and parents that we soon started to run Fitness Fridays too. We have been delighted with the enthusiasm for such an energetic way to start the day and have ordered some more pedometers to allow more children to record their steps. We definitely could do with a few more parents joining in though to challenge Class 3 who have clocked up the most steps so far!



Fit in 45

Fit in 45 has proved popular and has been going from strength to strength. So far we've had a variety of local providers in running free taster sessions including yoga, circuits, Zumba and a personal fitness trainer. We're now trying to arrange more regular sessions of the most popular activities. In order to cover the costs of visiting coaches parents who have returned their questionnaires have happily agreed to pay £2 for all future sessions.



Your sport . Your time — Phoebe, Sadie & Emily



After Rhea from West Coast Academy came into school to do a demo in an assembly we were inspired to have a go. We all now go to Cheerleading / Dance classes every week. Since starting there we have learnt lots of new moves and made some new friends. Phoebe, Sadie & Emily are going to represent Cornwall at a national competition Cardiff in May.

If you would like to tell us about the sport you do in your spare time, let Mrs Kent. know