

We have now finalised our plans for the way in which we plan to spend our £20,000 Sports Funding this year. The Sports funding for this academic year, alongside the PE action plan, curriculum map and sporting events is now available to view on our website. It is located under the 'parents information' – 'P.E.' tab.

It has been a busy fortnight with many sporting events occurring! On Wednesday 31<sup>st</sup> October Year 5 and 6 took part in a football festival led by Premier Sport staff. It was lovely to be able to give the opportunity for every child to compete within the school grounds.

Last week, the whole school took part in our Cross Country event. Every child walked, jogged or ran around the circuit and it was so lovely to see such determination and teamwork. Air were the winning House with the highest number of children achieving either 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place.

### **Cross Country Results: Fastest Boy and Girl**

Reception – Arthur Edwards and Sophie Bennet.

Year 1 – Barnaby Dix and Maizy Devonshire

Year 2 – Freddy Holder and Thea Agar

#### **2 laps:**

Year 3 – Harry Adams and Lara Hughes

Year 4 – Owen Rowell and Tilly Almeida-King

#### **3 laps:**

Year 5 – Evan Dowzell 9.45 and Imogen Newbury 11.36

Year 6 – Oli Newman 8.20 and Lily Medhurst 10.42



This week we had a BMX UK Pro Halfpipe Champion and Former World Master Champion in assembly! Mike Mullen spent the day at school, specifically with Year 4 children. He shared lots of BMX stunts with the children alongside promoting growth mind-set and learning from failures – ‘flearning.’



Staff have also been busy! Cath Heron, our School Sports Partnership Manager, led a staff meeting surrounding the need to make sure that children are active for 60 minutes each day - 30 minutes during the school day and 30 minutes at home. She shared a powerful video with us that you may wish to watch at home: <http://www.designedtomove.org/> In light of encouraging children to become more active both at school and at home, you can now access 5-A-Day TV at home with your children - the link can be found on our website under the ‘parent information’ -‘P.E’ tab. Please remember that this link is for usage by pupils and parents attending Burwell Primary School only.

Finally, we are often asked about earrings and verrucas so here are direct quotations taken from the Cambridgeshire County PE Service: [www.cambslearntogether.co.uk](http://www.cambslearntogether.co.uk) – PE tab link:

#### Can pupils participate in PE if they wear Jewellery?

‘The National guidance has always been that no jewellery should be worn in PE and that includes swimming and physical activity. It is also not safe to cover ear-rings / studs / sleepers with tape. Where an item of Jewellery cannot be removed then it is the adult teaching the group’s responsibility to try to establish a safe situation to enable participation by considering how, or if, the context can be made safe by amending the task, conditioning the activity or creating some other management strategy to make participation safe. Where safe participation cannot be assured then the pupil cannot take part in that element of the lesson.

The reason is both because of the potential tearing of the ear lobe, but also the very slim chance that the post of the ear-ring could damage the neck which is where the brachial nerve is running directly to the brain. There are anecdotal cases of children wearing ear-rings / studs with plasters over being hit by a ball or coming off worse in a collision and having nasty injuries as a consequence.

Parents should be reminded that the school has the higher level duty of care and cannot be put in the situation of looking after their child without exercising that duty of care. It is dictated by national guidance and they need to comply.'

#### Is it necessary to cover a verruca in PE?

'Verrucas are caused by a viral infection. Many young people get a verruca at some point in their lives and are more likely to get them than adults. They are often caught from public changing rooms and swimming pools. Getting verrucas has nothing to do with poor hygiene. Children with immune system problems may have an increased risk. The virus is found throughout the environment and is infectious. Most disappear without treatment after a few months or years - 20 per cent of growths disappear within three months.

By the time the verruca appears the infectious period has passed so it is too late to seek protection, though one can still benefit from treatment if it is painful. However covering the verruca with a plaster or rubber sock for swimming can help alleviate parental complaint or concern.'

**In light of this, it is suggested that verrucas should be covered with a plaster for indoor PE sessions. It is always preferable for children to have bare feet for the indoor PE session.**