



# SACRED HEART PRIMARY SCHOOL PE NEWSLETTER



★ **THINK** ★  
SPORT  
ENJOY | IMPROVE | EXCEL

## *In this newsletter:*

Play Leaders

Page 01

Curriculum Update

Page 02

PE Kit

Reminder

Page 02

**IF YOU DO NOT  
BELIEVE  
IN YOURSELF,  
NO ONE WILL  
DO IT FOR YOU.**

**KOBE BRYANT**

We welcome you to the 'Autumn 1' edition of our PE newsletter. This term is all about being active! You'll find that it is filled with information about the PE curriculum, results from intra & inter- School competitions and some helpful information about the P.E department.

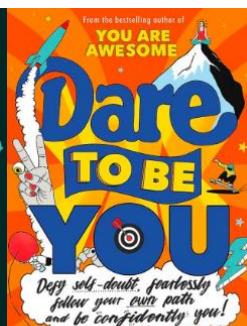
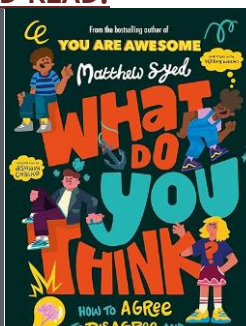
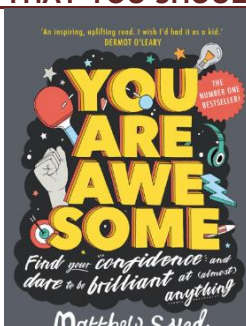
### Play Leaders

This half term has seen the introduction of our play leaders. We have enlisted the help of an outstanding group of individuals, who are leading various sporting activities at both break and lunch times. The theme-based approach has led to an impressive uptake of participants. Activities this year include: Circus Games, Racket Skills, Speed and Agility Courses, Target Throwing and Bowling Fun. The activities will change each term. Well done to fantastic Play Leaders for making this so special.

*"We have had so much fun at lunchtime. It was great to play with my friends".*

Julia Moskwa – 5CB

### SPORTS BOOKS THAT YOU SHOULD READ:



## Curriculum

Autumn 1 Half Term years 1-6 have been focusing on Netball & Football.

KS1 have been focusing on key motor skills (agility, balance and coordination) throughout the half term understanding the difference in skill sets and body parts used in both football & netball.



Lower KS2 have been linking key skills used in both invasion games. Passing, shooting, attacking and defending in both drill and game formats. The later part of the half term we have been trying to link these skills in game scenarios.

Upper KS2 have used both netball and football to develop attacking and defending knowledge and skill sets. Understanding how to transition from defence to attack or vice versa. We have included creating & converting chances, making overloads & practicing individual skills to beat opponents.

### **PE Kit Reminder** – Even though the weather is starting to get

colder, wearing the correct kit is vital. Kit should include:

- White t-shirt
- Claret shorts
- Black or Grey Tracksuit
- Trainers and socks (This is essential for your child's safety and they will not be able to participate without appropriate footwear)
- On days with bad weather we will still look to do PE outside so a rain jacket and spare trainers will be required.

### **QUICK QUIZ – No Googling!**

(Answers will be in the next issue)

1. What is the nickname for West Ham United FC?
2. In What year was the first edition of The Hundred tournament?
3. What is the name for a score of 1 over par in golf?
4. Which sport do the St. Louis Cardinals play?
5. What country is Roger Federer from?

### **Answers to issue 9:**

- 1) Athens
- 2) 15
- 3) 1930
- 4) George Foreman
- 5) Lord's