



# Sports Newsletter

## Summer Term 2— 2021



### Sports Day Events



All of SMFR children, from Reception through to Year 6, took part in mini Sports days this term. Each child participated in 3 events: Egg and Spoon, Sack race and 3 legged race and were competing for their House. Great fun was had by all and it was lovely to see the children cheering on their classmates. The overall winners of the Inter house sports competition were **ETON**. Well done to all of our children.



### Healthy Minds

5W participated in a 6 week Healthy Minds unit of work this term where they looked at how to improve their well being. Subjects covered included anxiety, stress, worries and coping strategies on how to deal with individual problems the children may have. They particularly enjoyed the meditation sessions run by an outside organisation.



## PE this term:

All of our children have been keeping active during their PE lessons this term. The main area of focus has been on athletics where the children have been looking at throwing techniques, including how to throw the javelin, discus, shot and hammer.

**Reception and Nursery** children have been working really hard on their motor skills with the focus on co-ordination and control, using a variety of equipment including bean bags, quoits and various sized balls.

**Our Year 1** children have been practising their running techniques, and working together as a team in group games.



**In Year 2**, children have been learning basic tennis skills through mini tennis as well as enjoying learning all about the different sports included in athletics.

**Year 3** have continued working on their athletics module as well as playing rounders. They continued to receive expert cricket coaching from Chance to Shine Cricket, who spread the power of cricket in schools.



**Year 4** have been learning all about the different throwing techniques, fling, push and pull. They have also been working on their standing long jump.

**Year 5** have been learning how to play badminton as well as learning all about the Euros through Fitness bingo.



**Year 6** have been perfecting their throwing techniques in the javelin, shot and discus.