



# Sports Newsletter

## Spring Term 2— 2022



### Swimming Gala

Report from one of our Sports Leaders, Mia.

In January, one child from Year 4 - JJ -, three children from Year 5 - Arvin, Raphaela and Jessica - and four from Year 6 - Nicolas, Tiago, Libbie and Mia (me) - made their journey to Wycombe Abbey to compete in a Swimming Gala. Their goal – win against the other 10 schools! It was a dangerous task with none of us doing something like this before. However, we weren't prepared to give up so easily. In fact, we weren't prepared to give up at all. Whilst we were anxiously waiting to start, I began to get the shivers. But, Miss Daywan reassured me that we would all do great. And we did. Jessica & Tiago started us off with some exceptional Butterflies, Raphaela and JJ followed on with some phenomenal back strokes, Libbie and Arvin continued with some extraordinary Breast Strokes and me and Nicolas finished off with some exquisite Freestyles. Next was the 4x25 relay race which everyone put in their all into. After, we all sat down (in our school clothes) for some well-earned food & drink. And, best of all, we came 6<sup>th</sup>!

### Orienteering

Year 4 have been learning all about Orienteering this term from an expert Orienteerer! This is an exciting adventure sport that had the children learn lots of new skills including recognising map symbols, learning how to use a compass and navigating their way around a course. The lessons included problem solving and team work.



## PE this term:

Even though the weather has been colder this half term, all of our children have been keeping active during their PE lessons.

**Reception and Nursery**—Wow! They have been working hard this half term on their ball control and spatial awareness, as well as learning how to play coordination games. They have particularly enjoyed rolling.



**Our year 1** children have been working on basic gymnastic skills, through reading Traditional Tales including rolling, travelling and jumping and have also been learning where a ball bounces best. This has involved working with different sized balls.

**In Year 2**, children have been working on exercising specific parts of their bodies through mini circuits as well as ball control using a variety of different sized balls.

**Year 3** have been lucky enough to receive Gym lessons from a specialist Gymnastics teacher once a week and have been working on compiling their own gymnastics routine using rolls, balances and different ways of travelling.



**Year 4** have been learning the skills needed to play Tag Rugby as well as taking part in Orienteering lessons where they have been learning how to read a map and find clues to solve locational problems.



**Year 5** have been learning how to play badminton, a sport that many had not played before, as well as working on the fundamental skills of Netball. They have practised the 4 different types of passing and incorporated pivoting into their games.



**Year 6** - Lacrosse has been the sport the children have been learning about this half term. They have enjoyed playing and learning the skills needed. Ask them to show you how to chasse!! They have also been looking at how our body changes during exercise and the importance of warm ups and cool downs in lessons. The unit finished with the children devising their own warm up routine using a variety of stretches, joint mobilising exercises and heart rate exercises.

