

# PE and Sport Newsletter

15<sup>th</sup> February 2019



## Health and Well Being Month

This half term has seen all children across the school take part in health and well-being month. In lessons, we have been learning about the importance of a healthy diet and investigating the positive impact that exercise has on our bodies.



While in a bid to stay more active, each week we have been wearing pedometers to compete against the other classes to accumulate the most steps. Our most active pupil over the course of the month was Malik Stanwick in Y5!

We also had some fantastic and varied entries in our house competition to design a healthy meal. Well done to our overall winner who was Joseph Harrison in Nightingale house.



## FS/KS1

Providing children in FS and KS1 with the opportunity to have fun and keep active at break times, the Y5 sports ambassadors have been holding their weekly Just Dance club. It has been hugely popular and we have definitely seen some brilliant moves!



## Athletics

After coming third in the heats at the School Games sports hall athletics competition, our Y3/4 team went on to take an impressive 2<sup>nd</sup> place in the finals the following week. All children trained incredibly hard for the event and showed such a huge improvement in their final performances.

## Dodgeball

Our KS2 dodgeball teams have also been out to compete this half term. The Y3/4 teams made it through to the semi finals, our Y6 team made it through to the quarter finals and our Y5 team came back with first place medals!



## Cross Country



After seeing so many children try out for the KS2 cross country event, the Y3/4 and Y5/6 teams were selected and they qualified with ease against Edward Heneage for the DRET Cross Country Cup next month. Our race winners included Ethan Wickham and Felicity Bonner for the Y5/6 team and Alex Thomas and Alicia-Mai Roberts for the Y3/4 team.

## Netball

Our netballers have started their preparations to defend their title at the DRET Primary Cup in March. In the varsity tournament against Edward Heneage, Fairfield A comfortably took first place while Fairfield B came second. Since then, they have also had the opportunity to develop their game play and practise their skills in a masterclass held by England international player Natalie Panagarry.



**We would be delighted to hear about any pupil achievements in out-of-school sporting events as well, so please do let us know so that we can celebrate these in school too!**

## **Extra-Curricular Clubs:**

- Monday (after school) – KS2 Dodgeball
- Thursday (after school) – KS1 Football
- Friday (after school) – KS2 Football
- Wednesday (before school) – Y2 to Y6 Gymnastics
- Wednesday (after school) – Y3/4 Tag Rugby

