



Hayward's Primary School Physical Education & Sports Newsletter



SPRING TERM 1—FEBRUARY 2019

Term Update!

Unfortunately, due to illness, the Autumn 2 newsletter did not get completed. Therefore in this exciting addition, some Autumn news has also been included. I would like to thank you for helping to keep our children looking smart and warm in PE, ensuring that they have the correct equipment and PE kit in school. We still have a small number of children forgetting their kit and would appreciate your support in reminding them. My spare kit drawer now has very little left in it, so unfortunately supply of this will now be limited. Please can you ensure that all children have the correct footwear for PE to ensure they stay safe during our activities. Thank you to year 5 parents for providing gum shields so children can access the full hockey curriculum. These will be required again next year.

MRS H Little

YEAR 5/6 QUICKSTICKS HOCKEY

A team of children from Year 5 and 6 attended the Exeter & Mid Devon hockey festival. This is the first time Haywards have entered this competition and will only 5 weeks training under their belt, we were not sure how we would get on. The team all pulled together and we won all but 1 of our games, meaning that we finished in second place overall. Points were awarded throughout the night for all teams who represented good sporting values. We achieved Silver Medal in this as well. We are definitely going to do this event again next year and see if we can win all of our games. This took place in November 2018 on the St Luke's hockey pitches and was refereed by coaches from Exeter Hockey Club. Some of our children went along to the free trial sessions offered and now regularly attend hockey club.

SILVER MEDALS FOR HAYWARDS!

A very wet end to a successful evening but still smiling.



If your child wants to try out hockey here at Hayward's, I will be running another hockey club after the half term. Children will need gumshields and shin pads to attend.

KS2 CROSS COUNTRY SILVER SUCCESS FOR THE GIRLS

Mrs Dixon took around 30 children to an event held at Killerton House. The girls performed superbly, representing the school well. We had some fantastic individual performances which included Ella Usher getting first place overall in the year 5/6 girls race and many of our runners finishing in the top 10. There were over 500 children attending from schools across Exeter & Mid Devon. Medals were given out to schools based on their combined times for each category. Our Girl's team came out as Silver medal winners. A fantastic achievement for them.

Yr 4/5/6 Netball Club

In Netball we have been focussing on our footwork and pivoting skills. We are really starting to get the hang of it now. We have been learning about the different positions on a netball team and where we are allowed to go.

CLUBS THAT HAVE TAKEN PLACE THIS TERM!

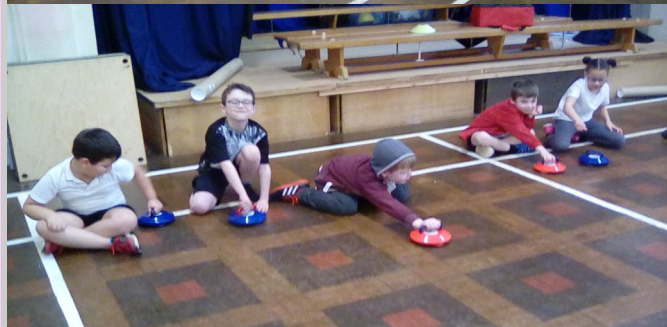
Monday	KS2 Basketball
Tuesday	Yr 4/5/6 Running (Lunchtime)
Wednesday	Yr 4/5/6 Hi 5s Netball
Thursday	Yr 3 Sports Fun
Friday	Yr 4/5/6 Tag Rugby
	yr 3/4 Football

Some children will be selected to play Football, Netball and Tag Rugby for the school in the next few weeks.

Some students from QEAT have also been coming in to help out at Netball, Basketball and Tag Rugby in order to complete their Duke of Edinburgh Award.

SPORTS FUN!

A group of year 3 children were invited to the Sports Fun club this term, trying out new sports like Boccia and Kurling. We worked on aim and accuracy. It was brilliant to see the children developing their skills so quickly.



NETBALL FACTS

- In Australia and New Zealand, Netball is played by both male and female players.
- Indoor netball - or 'Nets' - a version of the game played in netted courts, where the ball is never out of play, has women's, men's and mixed teams competing across the globe. England's women and the under-18 sides are current world champions

CURRICULUM PE

GYMNASTICS

Most of the school have been doing gymnastics with me this term. They have learnt about gymnastic shapes and how they are important. They have developed their jumping, rolling and balancing skills. Children have learnt there are a lot of different rolls that can be used in their performance. They have learnt that they can choose balances, thinking about points and patches, using small body parts and large body parts. They have learnt to work safely with partners and develop trust as they try out leapfrogs and counter balance and counter tension work. They are learning how to link these actions together and consider mirror, asymmetry and symmetry in their sequences. In year 5/6 we have been understanding the importance of warming up correctly for gymnastics and finding actions that will develop the strength we need to enable us to perform more difficult actions.



HEALTH & WELLBEING

Have you checked this link yet? <https://www.nhs.uk/change4life/>

Make a Sugar Swap

Did you know just one or two everyday swaps can really make a difference to how much sugar your child is having, while still keeping them happy?

Children in England are eating an extra 2,800 sugar cubes a year, which is more than double the recommended guidelines. That's 8 cubes too many each day!. Half of the sugar in our children's diets comes from sugary drinks, sweets, biscuits, cakes, puddings, sugary breakfast cereals and higher-sugar yoghurts and puddings. See Change4life to find out how to make some sugar swaps. Did you know there is an app to help you calculate the sugar in food?

change
4life

SCHOOL SPORTS COUNCIL

Last term our Sports Council raised £161.10 in shoot out competition. This money provided balls for each class to use during their allocated morning break times.

Our Sports Council has grown. The year 6 main body of the Council finished their interviews last week for representatives from each class. The successful candidates have already been involved in deciding what activities we will put on in school. Thank you to all of the children who put themselves forward for interview. You all did tremendously well.



CLUB LINKS

Looking for some clubs for children to take part in sports—see below. If you know of other clubs and activities that you want to promote, please contact me and I will put up notices in school and put in newsletter.

**PROMOTE
YOUR SPORTS/
CLUB/EVENTS
HERE**

**Girl's Football
Credition Youth FC**

Sean 07970 372419

**Credition Rugby Club
Exhibition Road
Credition
EX17 1BY**

EAST DEVON HOCKEY

**THURSDAY 6-7pm
At St Peter's School
Yr 3+**

Website: www.edhc.co.uk

Email: eastdevonhockeyclub@gmail.com

**STAY FIT!
STAY
ACTIVE!!
HAVE FUN !**

NATIONAL SCHOOLS FOOTBALL WEEK 4th-8th FEBRUARY 2019



OUR WEEK OF CELEBRATING FOOTBALL
AS OUR NATIONAL SPORT. PHOTOS BY
ADAM ROBBINS YEAR 6.