



Hayward's Primary School Sports Newsletter

SCHOOL GAMES

AUTUMN TERM 1 2021

Term Update!

School has a sense of normality at the moment and the children have come back very motivated and eager to learn. Afterschool Sports Clubs have returned and we have been able to implement a normal PE curriculum.

Thank you to parents for ensuring your children come ready for PE, with the correct kit of black shorts, plain white t-shirt and trainers. It is also good to see children taking responsibility for their own and others' safety in PE by not wearing jewellery, tying hair back and making earrings safe. Children should remove earrings for maximum safety but if taping, they need to tape both the front and back of the earring. Only studs should be worn,

School Games Sports Star for each class has returned and the children who have stood out in PE over the week in their class receive a certificate. Please look out in the weekly School Newsletter for their names.

Mrs H Little

CURRICULUM PE

All children have been focussing on throwing and catching skills with me. In KS2 we have been catching up with our knowledge of some passes used in netball and basketball. We have been regularly putting our throwing and catching skills into practice in a game situation using netball rules. In upper KS2 we have learnt how to play a full game of netball and learnt about different positions in netball and where they are allowed to go. We have also learnt about 1 on 1 marking in defence and finding space in attack. In year 6 we have looked at defence and attack through different sports and are beginning to think more tactically in our games.

With their class teachers, children have been learning about fitness. volleyball, badminton, table tennis, tennis and leadership.

Children in EYFS and KS1 have been learning their skills through a multi skills approach. Year 2 have also been doing yoga and learning how to meditate.

I must say the improvement in skills and knowledge from the children has been very pleasing.



KS2 PE



SPORTS LEADERSHIP

SPORTS COUNCIL

Our Sports Council is now complete with all members receiving their badges and the first full council meeting having taken place this week.

The year 6 Sports Committee who are the main leaders of the Council have arranged and run their first intra school competition. This took place on the last week of term in the form of a Basketball competition. Each class is scored on School Games Values which is added to any points they score in goals. This will help determine the winner of the week's tournament.

SPORTS LEADERS

Many children have volunteered to do Sports Leadership this year. Many of the children have selected to work in the KS1 playground with a few who have been helping with the year 3/4 afterschool club.

We have purchased some armbands so that the children can be easily recognised in the front playground by the staff and children who are in there.

Below is a picture some of Sports Leaders sporting the new armbands.

SPORTS LEADERS IN ACTION



Sports Council Event KS2 Intra School Basketball Tournament AUTUMN 2021



CHANGE4LIFE—WHATS ON THEIR WEBSITE? COOK TOGETHER

Your first step to cooking healthier meals Get the family involved and make tasty meals from scratch with Cook Together. Every week for 4 weeks you will get 2 healthy recipes – with videos, easy-to-follow instructions and a shopping list of everything you'll need – straight to your inbox.

Visit Cook Together on the Change4Life website. Mental wellbeing tips for parents Every Mind Matters has tips and practical advice to help parents look after their children's and their own mental health while the family is staying at home.

Visit Every Mind Matters on the Change4Life website. A little lunchbox inspiration See our easy, varied recipes to make up a delicious lunchbox, plus loads of great tips and ideas to help keep things simple and stress-free. Click on Make a lunchbox to look forward to on the Change4Life website. Check it out: <https://www.nhs.uk/change4life/>

NEXT TERM!!

Newsletters will come out every half term. Look out for Club letters that will come out on the first week of each term.

The Chief Medical Officer recommends minimum daily exercise (where children get out of breath) of 60 minutes, . This is to help children develop a healthy body for their future. Exercise is also a good opportunity to improve mental health. Please encourage your children to 'have a go'.

**STAY FIT!
STAY ACTIVE!! .
HAVE FUN!!!
BE MINDFUL!!!**