

PE at The Good Shepherd

For all for life



Welcome to the first GSA Sports newsletter. Each term we will keep you up to date with competition results, extra-curricular activities, and all things active happening in school!

Each year group has 2 PE lessons each week. As well as this we encourage active playtimes, through the support of our wonderful Mini Leaders and the new play and gym equipment all children can access. We also encourage active brain breaks within lessons to get our children up and moving! We know an active body = an active brain.

Year 5



Year 5 had a visitor in school and took part in their very first Boccia event! They held in-house competitions and developed their Boccia skills across a range of challenges.

KS2 gym equipment

Last year, we installed gym equipment on the KS1 playground, and it has been a real hit with the children! After speaking with KS2 pupils about what they would like to see on their playground, we had gym equipment installed in KS2 over the summer. The children have loved exercising whilst socialising with their friends.



Year 2



Year 2 walked to Arnold Hill Academy and took part in a Multi Skills event. All the children came back to school buzzing and are excited to go again. It was great to see them working as a team and having fun!

Year 4

Year 4 also visited Arnold Hill Academy and took part in a Throwing & Catching Mini Games event. The children developed their skills in handball, benchball and hi 5s netball, all whilst having fun with their friends!

PE kits

This year we have asked all children to come to school wearing their PE kits on their two PE days. This ensures our children have the most amount of time being active!

Please ensure children come to school in the correct kit – plain navy jumper & jogging bottoms and white polo shirt and trainers.

All PE kit must be labelled and named.

Mini Leaders

Our Mini Leaders are made up of some of our Year 5 and 6 pupils. Their aim is to ensure our school is a fit, happy, and healthy place to be! They have just finished their 6-week training program with Mr Connolly. We are so proud of how enthusiastic and dedicated they have been. They have been able to put their training in to action in the KS1 multi-skills after school club and now they are ready to set up games on our playground to encourage active playtimes for all! Please look out for them wearing a 'sports leader' badge and ask them what we should do to stay 'active for life'.



Lunch time and After School clubs

We have asked the children what clubs they would like to see in school. Dodgeball, football, and dance were by far the most popular! From that we have altered the clubs we are offering our children this term. The lunchtime dodgeball club has been very popular amongst KS2 pupils as well as boys and girls after-school football club. Irish Dancing club continues after school on Thursdays, and we are very excited to have a brand- new fitness club starting on a Friday for our KS1 pupils, it combines martial arts, dance and yoga! We can't wait to hear how our KS1 pupils get on.

Fun Fit Families – we need your help!

We want all our pupils to be active for life and to do this, we need your help! It is so important our children develop fundamental movement skills which they can build upon in secondary school and beyond.

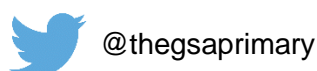
Scan the below QR code to see why being active for life is so important!



Once a fortnight we will be sending home a fun, fit activity for the whole family to take part in. All activities include using things you can find around the home. We will update you on the latest activity every other Friday via MyEd, so please keep an eye out. The first one is a game of limbo and the rules are below! We will also send it out on MyEd.

We would love to see our families being active, so please email a photo of your family to: PE@goodshepherd.notts.sch.uk

Please note, your photo may be put on twitter to share with our community. We can't wait to see our families being active and having fun!



Limbo



What you need: a long stick or rope (maybe dressing gown ropes tied together), three people.

How to play:

- Two people hold either end of the stick at chest height.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.
- Rules: Only your feet can touch the floor.
- Top tip: bend your knees and lean as far back as needed to travel under the stick.

How low can you limbo?

