

PE at The Good Shepherd

For all for life



Welcome to our Lent GSA Sports newsletter. We have had another busy term keeping healthy and staying active!

Bikeability

We are very proud of some of our Year 5 pupils who successfully completed their Bikeability Level 1 and Level 2 training. They now know how to prepare for a journey and safely navigate the roads. Well done children!



Year 2

Year 2 have been loving taking part in Fitness this term.



Year 4

This term, Year 4 have been practising their invasion skills in Hockey.



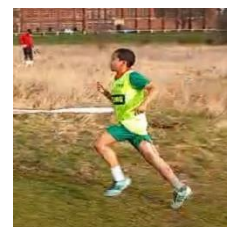
Mini Leaders



Our Mini Leaders continue to make us proud by keeping our school an active and healthy place to be! You can find them on the playground each day running activities for children across the whole school. They use the 5-step program: plan/ set up – explain – demonstrate – help – adapt, to run their sessions independently! We are so proud of them.

Cross Country

A huge well done to Ethan who took part in the Cross Country Championships and did brilliantly, coming in 4th place out of over 70 entries across Nottingham!



Schools' Football Week

GSA loved taking part in Schools' Football Week! This was a great opportunity brought to us by the English Schools' Football Association. In their PE lessons, children learned new skills and took part in matches.

Mr Connolly ran exciting after school football sessions where the children had the chance to compete against children in other year groups.



After School clubs

Based on the results from our pupil survey, the children have suggested what clubs they would like to see in school. Golf, rugby and cricket came out on top! We will use this feedback to inform the after-school clubs we offer to the children. Irish Dancing club continues after school on Thursdays. On a Monday, our KS1 pupils have also enjoyed learning new sports and building their confidence. Our KS2 pupils have also been enjoying our after-school dodgeball and basketball clubs. After Easter, we will bring new sports so please look out for updates via Arbor.

Fun Fit Families

We want all our pupils to be active for life, 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 on a Friday via Arbor, so please keep an eye out.

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

A special thank you to those families who have already sent in a photo, it has been great to see such a variety of sports being enjoyed in our school community!

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!



thegsaprimary