

# PE at The Good Shepherd

*For all for life*



Welcome to the first GSA Sports newsletter of this academic year! In these newsletters, you will find out what we've been up to in PE each term including competitive events, extra-

## Tag Rugby

Some children from Year 5 and 6 took part in a fun and competitive tag rugby event at Arnold Hill school. We were so proud of our children for applying the skills they had learnt in their PE lessons into the matches. They showed so many of our school values – being respectful and courageous!



## Mini Leaders

Welcome to our new Year 5 Mini Leaders! They finished their 6-week training program with Mr Connolly where they learnt the skills needed to lead games and promote an active lifestyle.

They have already been doing a brilliant job leading games during active playtimes. You will find them during morning playtime wearing their signature



## KS1

Our Year 1 and 2 children have been busy in PE learning and playing target games. They have learnt how to do an overarm and underarm throw and how to apply it to



## KS2

This term, Year 3 and 4 have been putting their ball skills to practice in a game of



## PE kits

We continue to ask all children to come in 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 all PE kit is labelled and named and

## After school clubs

Mr Connolly has been busy training our new Mini Leaders and leading sports after school this term! We had a great turn out to our football club for both Year 3/4 and Year 5/6. KS1 have learnt some fundamental sporting skills in the Multi Skills club. We have lots more exciting sports coming up, so keep a look out!

After Christmas, Bikeability will be coming to some of our Year 5 pupils. This opportunity



## Fun Fit Families

We want all our pupils to be active for life, to do this, we need your help! 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 in the weekly round up via Arbor, so please keep an eye out.

You can also check out our Mini Leaders demonstrating the activities on our school's Twitter page!



@thegsaprimary


**Limbo**

**What you need:** A long stick or rope (maybe drawing your paper roll together), three people.

**How to play:**

- Two people hold either end of the stick or rope taut.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Player 1 is standing under the stick without touching it. Each time they complete a round the stick gets lowered.
- Repeat. 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?**



**Stickman**

**What you need:** A pen and piece of paper, one player, one person to choose the words.

**How to play:**

- One person (the word master) chooses a word and draws lines on the paper, one for each letter.
- The player guesses a letter that could be in the word. If they are correct the word master writes the letter on the correct line.
- If the named letter is not in the word the word master draws part of a stickman and the player must complete it (one of the below exercises).
- Player jumps / hops / sits up / jumping jacks / press ups.
- Can the player guess the word before the word master draws a complete stickman?
- NB: stickman to include head, body, two arms and two legs.

