

# 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 3 OAA



Year 3 have been busy developing their Outdoor Adventure Activities skills this half term. They have been working hard as a team, learning how to communicate with each other and problem solve. Good work, Year 3!

## Year 2 cricket

Our Year 2 pupils had a visit from Notts County Cricket. They applied their cricket skills into different games whilst having fun!



## Boccia

Some of our KS2 children took part in a boccia event. They applied the key skills they have learnt in PE such as sending and catching.



## Sports-hall Athletics

Well done to some of our Year 5 & 6 children who took part in a sports-hall athletics event. They took part in relay races, triple jump, javelin and many more!



## Football

Our football teams have blown us away with their outstanding talent and engagement in the recent matches. Both the girls and boys teams have attended matches at various local primary schools this half term. They have shown great determination, respect and resilience. Well done children for showing a great team spirit, we are so proud of you!



## 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 information to inform the after-school clubs we offer to the children. Irish Dancing club continues after school on Thursdays. Our KS1 pupils have enjoyed learning new sports and building their confidence. Our Year 3 & 4 pupils have also been enjoying our after-school net and wall club! They loved learning new skills and applying them into games. After Easter, we will bring new sports so please look out for updates.

## Fun Fit Families

We want all our pupils to be active for life, but 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 Roundup via Arbor, so please keep an eye out. We will also be posting the challenges and videos of our Mini Leaders demonstrating them.



**Squash that balloon**

**What you need:** string, two players minimum and four balloons per player.

**How to play:**

- Players tie four balloons to their ankles using the string.
- The aim of the game is to burst your partners balloons before they squash yours.
- Top tip: move quickly to avoid being caught.

**Keep on moving your feet.**



**Plank goalie**

**What you need:** 2 or more players, four objects and a ball or pair of rolled up socks.

**How to play:**

- Place four objects in a rectangle formation.
- Players begin between the ends of the rectangle (their goal).
- Players must hold a plank position throughout.
- They score by rolling the ball through their opponents goal.
- Two points is awarded if their opponent drops from the plank.

**Who is the first to 10 points?**

