

# PE at Sunning Hill

Autumn Term 2022

Welcome to our first Sunning Hill PE newsletter. We will be sending out a newsletter each term to celebrate our sporting achievements and share information about upcoming events.

## Curriculum PE

This term, children have been focusing on their balance and agility skills in our Real PE lessons. Each class has also completed a gymnastics and dance unit. Please visit Twitter to see our final dance pieces that have been filmed.



## Extra Curricular Sport

During the autumn term, Sunning Hill have taken part in several sporting competitions including cross country and boys/girls football tournaments. This has given the children the opportunity to take part in team and individual sports. Y6 also visited The Anderton Centre, where they had the opportunity to take part in activities they had not done before which helped them to develop resilience and teamwork.



## Spring Competitions

Competition	Year Group	Date	Location
Gymnastics	Year 1 and 2	19/1/23	Bishop Bridgeman
Sportshall Athletics	Year 5 and 6	26/1/23	Essa Academy Indoor sporthall
7 a side football	Year 5 and 6	10/3/23	Essa Academy
8 a side football	Year 3 and 4	30/3/23	Essa Academy

## Spring Term Clubs

Club	Year group	Day / Time / Location	Teacher
Football Club	Year 5 and 6	Tuesday 8.15am - 8.45am Front playground	Mr Platt
Girls Football Club	Year 5 and 6	Wednesday 1.00pm – 1.30pm Front playground	Miss Whalley
Dodgeball and Indoor Athletics	Year 5 and 6	Wednesday 8.15am – 8.30am Hall	Mr Tonge
Cricket	Year 5 and 6	Thursday 8.15am – 8.30am Front playground	Mr Sweeney
Netball Club	Year 5 and 6	Friday 8.15am – 8.30am Hall	Miss Moore
Football Club	Year 3 and 4	Wednesday 12.30pm – 1.00pm Front playground	Miss Howells
Football Club	Year 1 and 2	Thursday 8.15am – 8.30am Back playground	Mr Radwan

### How to keep active during the holidays

As we approach the school holidays it is important that children keep active and not spend all their time gaming or indoors. There are lots of positive reasons to get moving! Kids need to be active for at least 60 minutes a day.

Research shows that physical activity can help school-aged kids in lots of ways.

- Improves behaviour, self-confidence and social skills
- Improves attention levels and performance at school
- Develops co-ordination
- Strengthens muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Helps them sleep better
- Improves mood and makes them feel good.

Click on the link for some top tips <https://www.nhs.uk/healthier-families/activities/>