

# PE at Sunning Hill

Spring Term 2023

## Curriculum PE

This term, children have been focusing on their dynamic balance and coordination skills in our Real PE lessons. Each class has also completed a gymnastics and dance unit.



## Extra Curricular Sport

During the spring term, Sunning Hill have taken part in several sporting competitions including sportshall athletics and boys/girls football tournaments. This has given the children the opportunity to take part in team and individual sports. Y5 also visited Bolton College where they had the opportunity to take part in sport activities with children from another local school to help them develop their teamwork.



Sunning Hill have done a fantastic job with the WOW Walk To School challenge this term. Keep walking to school to receive the next four badges. If you currently drive or get the bus to school, getting off slightly earlier or parking further away will help your child earn the award as well as easing congestion around school and will get everyone more active.



## Summer Term Competitions

Competition	Year Group	Date	Location
Football	Years 5 and 6	20/4/23	Essa Academy
Football	Years 3 and 4	2/5/23	Bolton School
Football	Years 5 and 6	4/5/23	Bolton School
High 5 Netball	Years 5 and 6	18/5/23	Essa Academy
Kwik Cricket	Years 5 and 6	25/5/23	Deane & Darby CC

## Summer Term Clubs

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

## How to achieve a healthy, balanced diet.

Our school council has been focusing on how to eat healthily at lunch times and they would like to say a big well done to everyone who has been bringing in a healthy lunch this term! Here is a reminder of what to bring into school as a healthy packed lunch.

- **A healthy main meal**
- **A calcium / dairy snack**
- **At least one portion of fruit or vegetables**
- **One treat snack – crisps or a biscuit**
- **A drink – Water, milk or sugar free cordial**

We would like to say another well done to everyone who has brought in their Healthy Heroes this term. Please keep bringing them into school in order to win the Healthy Heroes' award.

**Click on the link for some top tips on how to eat a healthy, balanced diet.**

[The Eatwell Guide - NHS \(www.nhs.uk\)](https://www.nhs.uk/eatwellguide/)

