

PE at Sunning Hill

Summer Term 2023



Curriculum PE

This spring, we have had a very active term! Nursery and reception have completed their first gymnastics and dance units this term.

In Years 1,2 and 3, we have been focusing on our fitness. Children have been aiming to improve their strength, agility and stamina. Years 4, 5 and 6 have had chance to learn and apply a variety of skills in Netball and Tennis.

Both KS1 and KS2 have also completed their second dance of the year.



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 in to 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 \(www.nhs.uk\)](http://www.nhs.uk)



Extra Curricular Sport

During the spring term, Sunning Hill have taken part in several sporting after school competitions including football and cross country. This has given the children the opportunity to take part in team and individual sports. Children had the opportunity to develop their teamwork and sportsmanship skills. We have also celebrated a range of physical achievements. Year 5 also had the chance to play tag rugby, basketball and football with Eagley primary, this helped them to promote teamwork and cooperation.



How to achieve a healthy, active lifestyle.

The holidays are coming up and it's the perfect chance to get active!

Click on the link or scan the QR code for some top tips on how to eat a healthy, active summer.

[Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/activities-for-kids)

