

PE at Sunning Hill

Summer Term 2023



Curriculum PE

This summer, we have had a very active term! In PE, we have been developing our static balances, ball skills and our agility through a variety of sports including rugby, rounders, cricket and athletics.



Extra Curricular Sport

During the summer term, Sunning Hill have taken part in several sporting after school competitions including football, netball and Kwik Cricket competitions. 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. KS1 were visited by Edstart Sports coaches and learnt how to play Jagtag. Lower KS2 developed their balancing skills in a skateboarding workshop and Year 5 were able to play a variety of sports with Eagley Juniors who they recently



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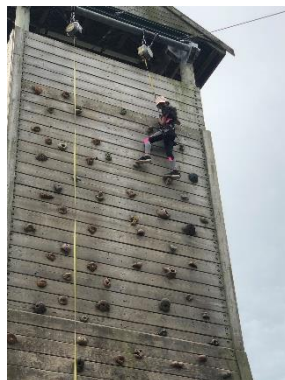
Well done to all the children from Sunning Hill who took part Ironkids race and gained a medal in July.

For more information on next year's Ironkids race, please follow the link below.

[IRONKIDS Bolton 2024 \(runningcalendar.co.uk\)](https://runningcalendar.co.uk)

PGL weekend

Year 6 had a fantastic weekend at Winmarleigh Hall. They took part in a variety of outdoor activities where they were able to challenge themselves both mentally and physically. The children enjoyed abseiling, climbing, archery, fencing, canoeing and orienteering.



How to achieve a healthy, active lifestyle.

The summer 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.

[Active at Home - OneDrive \(sharepoint.com\)](https://www.onedrive.com/share/activeathome)