

PE Update

Hi, we would like to introduce ourselves... we are the PE ambassadors for our school. It is our role to raise the profile of PE in school, encourage physical activity and participation in clubs, promote fair play and also sportsmanship. We will be sending you PE updates to inform you about all the wonderful things we have been taking part in.



This year all year groups have competed in several tournaments at Activity for All. These have included dodgeball, football and team building. We will also be sending more teams to take part in athletics and further football and dodgeball competitions later this year. All the PE ambassadors have been part of the competitive teams representing our school and have reported back to teachers and children in school during assemblies and lessons. Our Y5's recently came second in a football tournament competing against 9 other schools. They really did us all proud!



Last half term, all children from Y1 – 6 took part in a Kidzfit session. We had a fantastic time taking part in the fun activities. The money for this was raised by our children in school from a sponsored fitness challenge led by some of our older PE ambassadors. A big thank to Miss Jones who organized the sponsorship and Kidzfit sessions. Carl from Kidzfit is coming back later in the year for more fitness and well being fun!



We have had a cricket coach in school this term working with Y4 and Y5. It has been great for the teachers and the children to take part, improving our striking and fielding skills as well as our cricket tactics playing lots of cricket inspired games. Some of our children also attended the cricket extra curricular club and received free cricket sports equipment.

Y4 have enjoyed taking part in weekly Rainbow Yoga sessions. This has linked to our My Happy Mind and PSHE lessons. Julie, the yoga teacher, has helped to improve our fitness and wellbeing. Some children in Y5 will be taking part in a schools engagement through PE programme this half term.



This half term the following sports clubs are on offer – Gym (Y3&4) Monday, Football (Y1&2) Tuesday, Cricket (Y3&4) Tuesday, Multisports (Y5&6) Wednesday, Football (Y5-6) Thursday. We will be working with Mrs Dodd to find out what clubs we could introduce to our fellow students for next term.

We would like to take this opportunity to celebrate some personal sporting achievements. Recently Foley in Y5 gained a silver and bronze medal in The British Taekwondo Championships and Jaylan also in Y5 won a darts tournament with his team last week. Well done boys! Our very own PE ambassador Annie got the Player of the Match award last weekend during her football match.



Next term, it will be sports day and we will be assisting with sports days to ensure they run smoothly so we look forward to seeing you then.

From

Mersey Park PE Ambassadors