

P.E NEWSLETTER

December 2021

Wishing everyone a merry Christmas!

Hi everyone! As the Schools newly founded Sports Coach It has been a wonderful month settling in at this great primary school and meeting such lovely children. This term we have been very busy covering gymnastics, boxing and the Christmas Santa dash for all year groups.

Gymnastics has been part of the P.E curriculum. It plays a key part of developing children's movement and it has been extremely satisfying to see so many children of all year groups get involved and perform routines in front of their classmates.

We have also been enjoying boxing fitness as part of our after-school club. Teaching children respect, growing their confidence and having lots of fun has been a key ingredient. On top of this we have covered the fundamental boxing movements needed to compete in the sport.

This Month has seen all year groups from reception up to year 6 take part in the annual Santa dash Christmas run. Whilst reception enjoyed their obstacle course in the sports hall, years 1,1&2, 2, 3, 4,5 and 6 took to the daily mile track to compete for the fastest lap out of their year. We even managed to get some teachers involved! There was plenty of encouragement for all children to complete this with a huge round of applause and cheers from everyone involved as they come to the finish line. A fantastic effort from everyone involved and a special mention goes to our year group winners with their respected times as follows:

Year:	Name:	Time:
1	Reece C	1minute 45secs
1/2	Kyle Q	1minute 24secs
2	Harry J	1minute 29secs
3	Faye L	1minute 25secs
4	Harry P	1minute 18secs
5	Brandon W	1minute 14secs
6	Kyle G	1minute 09secs

It's been a fantastic month of sports at Sylvester Primary School! With plenty more to come in the new year. Well done to all our children who have taken part in sports. Staying fit is always proving to lead

the way to a healthier lifestyle in young children. We will continue at Sylvester primary school to encourage children to take part in sports in a fun and safe manner. I would like to wish everyone a merry Christmas and a lovely new year...Mr Blaney (Sports Coach).