



P.E. & Sport Newsletter

www.scole.norfolk.sch.uk – Visit our PE & Sport pages

Please use our website to see the PE schedule for this year and our termly PE curriculum maps, along with a copy of the National Curriculum for PE and photos, information and celebrations of all our successes. Details of our Sports Premium Funding activities and spending can also be found on our website.

Welcome to the first P.E. and Sport Newsletter of 2016-17.

The best way to start this year's first newsletter is with the amazing news that the school has just been awarded the **GOLD School Games Mark for the third year running!** This mark recognizes our school's commitment to PE, sports clubs and competitions as well as the access to a wide breadth of sporting opportunities at the school during 2015-16. Every pupil in KS1 and KS2 attended at least one extracurricular club last year which is a great achievement for the school and one which we hope to continue with this year.

Using our Sports Premium Funding we are already well into a term of clubs and opportunities in PE and sport. Football clubs have run for both KS1 and years 4, 5 & 6, Rugby Dave is back on Wednesday lunchtimes for KS2 pupils and Netball Club has started again with the participants already working towards their England Netball Skills Awards.

During October we were also visited by a Karate coach who ran faster sessions for Classes 2, 3 and 4. Everyone enjoyed this new activity and Class 4 have written about the experience so please visit the school hall to look at some of our photos and read their thoughts.

In the run up to Christmas, clubs will include street dance for years 4, 5 & 6 plus dodgeball for year 3 & 4. Class 2 will attend the KS1 Multi Skills Festival at Diss High School and Class 4 will participate in the Sportshall Athletics competition at Long Stratton Leisure Centre.

Our PE lessons have already been very successful this term with Class 3 playing tag rugby and experiencing outdoor and adventurous activities, Class 4 excelling in Quicksticks hockey skills and matches as well as Class 2 improving their ball skills over a range of activities including football; all linked to their Superhero theme. Class 1 have had a very enthusiastic start to their PE journey at Scole, mixing work with beanbags and balls to improve their basic physical literacy skills.

Upcoming Events

Autumn Term 2016

Dodgeball - Years 3 & 4

Street Dance – Years 4, 5 & 6

KS1 Multi Skills Festival at Diss High school 08.11.16

Sportshall Athletics – Year 5/6
06.12.16 Long Stratton Leisure Centre

Zumba - Class 2 & 3 – 3rd, 10th & 17th November

Congratulations!

Our School Games GOLD mark.

Well done everyone!



Coming in December.....

We will harness technology in our PE lessons as we take part in Cybercoach workouts and Yoga.



Spring Term 2017 - Clubs and Activities

- Brilliant Ball Games for years 5 & 6.
- Arrows Archery for year 3.
- Fencing for year 4.
- BoxFit for Class 4 during PE! Back by popular demand after its success last year.
- Whole school Bhangra/Bollywood dance day with visiting coach – 09.02.17
- Netball coaching and tournament at Diss High School – 28.03.17
- Class 2 & 3 Multi Skills with Coach Ron during PE.
- Class 2 will attend the KS1 Dance Festival at Diss High School – 07.02.17
- Class 4 Quicksticks (hockey) afternoon at Diss High School - 31.01.17
- Bikeability for year 5 – 21-24th February 2017.
- Lunchtime rugby with Dave will continue.
- Netball Club will return after February half term.



Year 6 – Young Leaders

All of year 6 have recently undertaken their Young Leader training. Please join in on Mondays, Wednesdays and Fridays (conditions permitting) as they run our early morning activities on the playground.

Swimming – Curriculum Provision 2016-17

Our swimming provision will continue at Diss Swimming Pool this academic year. Class 3 will swim throughout the Spring Term with Class 4 swimming in the Summer Term. Dates and timings will be provided with the usual permission slips later this term.

As part of the National Curriculum all pupils must be able to "swim competently, confidently and proficiently over a distance of at least 25 metres" by the time they leave primary school and this is one of our PE Development targets leading into 2017.

PE Kits

Could we please remind parents that PE kits should be in school all week, only taken home for washing on a Friday and returned on a Monday. All items should be clearly named please as it would be a great help in returning lost items. Trainers must be **appropriate for use in physical activity** with good grip and pupils should be able to tie these independently. Anyone needing to tie up their hair must have a supply of hair bands to use. Please refer any queries regarding the wearing of earrings to Mrs Goldsmith.

P.E & Sport at Scale

As you can see from the number of clubs and opportunities on offer to our pupils we remain committed to ensuring all our pupils receive two hours of high quality PE every week as well as the chance to experience coaching from other qualified adults, clubs, competitive sport and cluster sporting opportunities.

Using our Sports Premium Funding has enabled us to access a wide range of sports and activities for everyone and we are rightly proud of this. This year we are already searching for new opportunities and these will include Bhangra dancing, karate, lacrosse & yoga.

Over to you... If you have any comments about PE and Sport at Scale or would like to discuss anything or if you have any contacts or ideas about new activities we could embrace please feel free to speak to Mrs Goldsmith.

Thank you for continued support for PE & sport at Scale.

'Physical Education - The Heart of School Life'

