



**Parents** – I would really appreciate it if you could read or pass on my letter to your children. Thank you for your support. Keep safe & enjoy the summer break. I hope to see you all in September.

Mrs Goldsmith

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## PE & Sport Update – 29<sup>th</sup> June 2020

Hello everyone,

I hope you are all well. It has been a very hot week out on the field and it would also have been Sports Day this week so I have missed enjoying that with you all and your families. This will be my last PE Home Learning pack before the summer holidays so I have put together a few more learning sheets for you, which I hope you will enjoy before we reach the summer break.

- There is a new Exercise Log which you could fill in for a week to look at how much activity you are doing. This would be great to see how active you are and you could bring them back to show me when you return to school.
- To celebrate the return of the football (which I am very pleased about!) you can design your own football strip.
- The PE at Home sheets are for football and handball.
- With the summer holidays fast approaching, I am aware that we haven't been able to talk to you all, either during swimming sessions or at school, about knowing how you can enjoy the water and stay safe. Whether by sea, river or lake, the skills involved in keeping safe whilst swimming outdoors are very different to those of an indoor pool, where most swimming lessons take place, so I have included two "Spot the Dangers" sheets with answers. Please take some time to look at them with an adult and talk about how to keep safe if you are near water or enjoying the beach over the summer. You could also visit the Royal National Lifeboat Institution website - <https://rnli.org/youth-education> or Royal Life Saving Society - <https://www.rlss.org.uk/pages/category/water-safety-information>
- Finally I have added a blank Activity Tasks sheet for August. Rather than me putting lots of different tasks on the sheet I thought you could fill it in instead! Can you add something every day and how many different activities can you add? It would be brilliant if you could fill the whole of August with a daily activity to keep active.

I will be putting this letter and the Exercise log and the August Activity Calendar on the Home Learning pages of the website and the PE & Sport pages for you.

I hope you all enjoy an active summer holiday and that I will see you all soon so we can carry on with our PE lessons together. Keep safe over the summer whatever you are doing and I am sure I will see some of you as I take my daily walk around the village. Give me a wave!

Please keep active, safe and enjoy the weather everyone.

Mrs Goldsmith

