

# Physical Education at Clockhouse!

Spring 2024



We hope this newsletter finds you well! As we delve into another term filled with learning, growth, and exploration, we are thrilled to share the exhilarating Physical Education (PE) happenings at our school. This term promises an array of activities tailored to each year group, fostering not only physical fitness but also teamwork, coordination, and a love for movement.

## Early Years Foundation Stage:

This term, our little ones in EYFS are diving into the world of gymnastics and dance! Through playful movements and rhythmic expressions, our youngest learners are discovering the joy of movement and working on their coordination skills.



**Year 3:** Our students are gearing up for an energetic term with basketball, dance, hockey, and fitness sessions! Whether dribbling on the court, or learning to line dance, our Year 3s are set to embrace the challenges and thrills of these dynamic activities.



## Key Stage 1: For KS1 it's all about sending and receiving, dance, invasion, and team building!

From mastering the art of passing to exploring the rhythms of dance, and engaging in exciting team-building activities, our young learners are in for an action-packed term.



**Year 5:** Our Year 5 students will be exploring the realms of football, swimming, fitness, dance, and gymnastics! From making a splash in the pool to perfecting their moves on the field, our Year 5s are poised for a term brimming with athleticism and creativity.



## Year 4: Handball, dance, golf, and yoga take centre stage for our Year 4 cohort!

From the fast-paced action of handball to the serene practice of yoga, this term offers a diverse range of activities aimed at enhancing physical movement and well-being.

**Year 6:** Our Year 6 students are delving into handball, dance, golf, and volleyball! With a focus on skill refinement and team dynamics, this term presents opportunities for our Year 6s to shine both on the court and on the dance floor.







**Greenland:** This term, our Greenland Children are diving into tailored gymnastics and volleyball sessions! Each class's activities are customized to their needs, fostering skill development, teamwork, and confidence. Let's cheer them on as they embrace personalised movement, challenge, and fun!



## What do our children think of PE?

We love PE, we get to do so many sports and games so it is really fun - Year 1.

In dance we became toys. It was fun as we had to freeze like a toy and make different poses before we were caught by Miss Macdonald - Year 2.

Gymnastics was so fun because we got to try balances and jumps using the apparatus. In basketball, we learned how to dribble with one hand. - Year 3.

In handball we learned about the rule of 3. You can only hold the ball for 3 seconds, you can only take up to 3 steps with the ball in your hand and you have to stand 3m away from the opposite team with they have the ball- Year 4.

We learnt how to turn quickly in football. This helps when attacking in a game because I can now keep the ball for longer - Year 5.

In handball, I know how to defend well. I know that if I am defending, I am either marking, blocking or intercepting the ball. This is the same as other invasion games like football and netball - Year 6.

*"Sport brings the world together, it breaks down language barriers, builds respect and tolerance. It is a universal language and it is pretty amazing!" - Jacob, Year 6.*

# PE Kit Reminder

Clockhouse Primary School P.E. Kit

- White t-shirt (logo optional).
- Royal blue shorts
- Royal blue/ Grey tracksuit
- White or Black trainers/ plimsols.



P.E. T-Shirt



P.E. Shadow Stripe Shorts



P.E. Crew Neck Sweatshirt



P.E. Elasticated Hem Jog Pants



We would like to take this opportunity to remind parents/carers of our PE kit expectations. Children take part in two lessons of Physical Education a week. Please ensure that your child comes to school in the correct PE kit. It is essential for all pupils to wear appropriate kit for their PE lessons to ensure personal hygiene and safety. During PE lessons children are not allowed to wear jewellery of any kind, please ensure jewellery can be removed for PE.

**Logoed and fashion items (including football kits) should not be worn as this is not in line with the school uniform expectations above.**

## Get Caught Being A Good Sport!

Exciting times are on the horizon at our school as we gear up to launch "Get Caught Being a Good Sport," our innovative new scheme designed to instil the values of good sportsmanship in our students.

### Get caught being a good sport!

At Clockhouse Primary School being a good sport means:

- Following the rules of the games.
- Listening to adults and my peers.
- Having a positive and kind attitude.
- Encouraging and cheering others on.
- Using teamwork to work together.
- Not bragging to other teams.
- Shaking hands and congratulating others on a good game.
- Having fun!



Can you identify how our principles of being a good sport relate to our school rules of being ready, respectful and responsible?

At Clockhouse Primary School we are...  
**Ready  
Respectful  
Responsible**

This initiative aims to educate children on the importance of fair play, teamwork, and respect both on and off the field. Through "Get Caught Being a Good Sport," we will celebrate and reward exemplary behaviour, highlighting positive examples of sportsmanship throughout our school community.

Stay tuned for more updates as we prepare to roll out this exciting news!

## Coming soon...

