



PE - Physical Education

Objective: Gymnastics

Topic: Europe & The Baltics

Aim: To participate in and explore movement and balance.

Extra-curricular Activities

Activity: Rock Climbing - 8 pupils have been attending this half term. Well done to Amy Freya, Luis, Evan, Isaac, Daniel, David, Ashton and Owen H for being really brave. The group have progressed individually extending their own ability whether climbing to 1 hold up or to the top, all pupils have made progress.

Monday Morning March: This half term we have introduced the 'Monday morning march' which is a physical movement session in the playground 8.55—9.15am. The 20 minute session is encouraging movement and travelling around the playground, exercising and energising all the pupils and staff after their journey to school ready for the day ahead.

Fitness Fridays: We have also introduced 'Fitness Fridays'. A circuit session in the playground. All the pupils and staff are encouraged to move around the playground to different exercise stations. The sports team have helped to select what exercises we do at each station. Some of the exercises they chose are; jogging on the spot, star jumps, wall presses, lunges, 'heads, shoulders, knees and toes' etc. So far, most of the pupils in Key stage 1 and 2 have participated and shown lots of enjoyment.

Lunchtime activities:

- **Tuesday lunchtimes:** We now run a golf club for selected pupils to explore or extend their golf skills. The instructor, Andy is from Shirley Golf Club who has now volunteered to continue supporting our pupils at Cherry Oak following sessions at the club.
- **Thursday lunchtimes:** there is a tennis club run by Simon Lancaster from Lordswood Tennis Club. He will be delivering sessions to small groups of pupils throughout the Spring term.

After school club: The pupils have been participating in a range of physical and creative activities such as: cooking, arts & craft making, gross motor activities and sport.



gymnastics



Europe & the Baltics



Sharing Success

Congratulations to Willow Class and Sycamore Class who drew with 25 points each in the 'festive fun' Christmas sports competition (Level 1 Games). Willow, Sycamore, Maple and Rowan Classes competed in a variety of games and races with a Christmas theme.



Sports Team

The sports team are now meeting on a Wednesday lunchtime for practice sessions. We are currently focusing on Kwik cricket skills.

The sports team have also been taking a leadership role across the school encouraging and helping others to be physical and participate in activities.

The team meet regularly to discuss and give feedback about how they feel events and activities are going. Minutes are kept from each meeting.



Swimming

This half term Sycamore class are attending weekly swimming lessons.

Well done to Jibreal who successfully completed his 5m swimming badge.



Willow class will be swimming next half term.

