



# CHERRY OAK SCHOOL



## KS2 PHYSICAL ACTIVITY NEWSLETTER



APRIL 2017 – JO GAVIN



### **PE—Physical Education**

**Objective:** Athletics

**Topic:** Europe & The Baltics



Europe & the Baltics

**Aim:** To participate in and explore athletic activities such as races, foam javelin throwing and standing long jump with some support.

**Athletics Associated visit**— Halesowen Athletic running track

Maple Class and Sycamore class attended the track and participated in competitive races. They were able to experience the track and race alongside each other staying in their own lanes.

### **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 it be to climb 1 hold up or to the top all pupils have made progress.

**Monday Morning March:** The Monday Morning March is proving to be very successful. More pupils are participating independently. Some pupils on the sports team are enjoying taking a leadership role in supporting others and modelling the exercises.

**Fitness Fridays:** We have also introduced 'Fitness Fridays'. A circuit session in the play ground. 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 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:**



- **Thursday lunchtimes**—Following the success of the tennis club ran by Simon Lancaster from Lordswood Tennis club, he will be continuing delivering sessions to small groups of pupils throughout the Spring term.

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

### **Sharing Success**

Congratulations to Maple Class for winning the L1 Athletic competition. Maple Class competed against Willow Class to win with 23 points V's 21 points.

They participated in athletics activities such as running races, foam javelin and standing long jump.

Both teams participated really well and showed great team spirit.



## **Sports Team**



Congratulations to the Sports Team for their fantastic achievement and effort in the Birmingham School Games L2, KS2 Boccia & New Age Kurling event held at Sutton Coldfield College. The team competed against 10 other Primary schools across Birmingham.

Cherry Oak were 4th Place runners in the New Age Kurling competition and 5th place runners up in the Boccia competition.

The sports team have been continuing to take 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.

## **Play time leaders**

We have introduced playtime leaders. The sports team are currently role modelling the system which will be shared out to all the pupils in KS2

## **Swimming**

This half term Willow class are attending weekly swimming lessons.

Well done to Connor R who successfully completed his 5m swimming badge and Jonathan for successfully completing his 10m swimming award badge.



***A selected group of pupils will be swimming next half term to work on achieving their 5 or 10m badge awards.***