



# CHERRY OAK SCHOOL



## KS2 PHYSICAL ACTIVITY NEWSLETTER



JULY 2017 – JO GAVIN



### **PE—Physical Education**

**Objective:** GAMES

**Aim:** To participate in and explore a variety of games and sports such as golf, rounder's, football and tennis.

**Associated visits**—Golf sessions at Shirley golf club.

Rowan class have attending weekly golf sessions, exploring tri golf skills. The sessions have been led by Stuart Botrill, Golf instructor/coach.

### **Extra curricular Activities**

**Activity:** Horse Riding— 6 pupils have been attending weekly sessions this half term. The pupils have helped care for the animals and followed safety rules to ride the horses safely. The pupils have made great progress.

### **Monday Morning March & Fitness Fridays:**

These sessions are continuing to be successful with most the pupils. Some staff have noticed a difference in behaviours and willingness to participate in lessons more after these sessions The sports team have taken lead in delivering and supporting these sessions.

Following the success we are in discussion to introduce 'Work out Wednesday's' in the new academic year.

### **Lunchtime activities:**

**Monday Football Club** - Coaches from Sporting Spirit have delivered football skills and drills to pupils in both KS1 & KS2 this term.

### **After school club:**

The pupils have been participating in football skills and drills led by Corinne and Paul from Aston Villa Foundation.



### **Sharing Success**

Congratulations Cherry Oak for participating in the Federation Panathlon Challenge and bringing home the trophy and gold 1st place medals.

Pupils participated in a variety of activities and adapted sports. The challenge was organised by Panathlon and supported by Colmers School and Year 12 leaders.

Four teams from Cherry Oak competed against four teams from Victoria School. Each team competed in a variety of activities such as boccia, precision bean bag throw, popcorn parachute, messi football, skittles and table cricket. Collectively Cherry Oak scored the most points.

Big Thank you to all involved and all your support to make the day a success!



## **Sports Award Ceremony - 30/06/17**

Congratulations to all pupils and staff who received awards and certificates for all their hard work, achievement, progression and success throughout the year.

Thank you to all the parents, coaches and special guests for attending and making the ceremony even more special. It was great to see so many people supporting the pupils hard work and success.

In total we presented over 50 medals and 40 trophies for 'Outstanding Achievers' and 'Most Improved' players.

Thank you again to Mrs Bailey SGO from Colmers School for donating some of the medals, trophies and prizes.

## **Sports Team**



Congratulations to the selected pupils from the Sports Team who represented Cherry Oak School in the **West England Primary Panathlon Swim Gala** at Handsworth Well Being Centre.

Well done Jonathan, Luis, Amy Freya, Connor, Callum, Charlie. The team finished in 6th place out of 9 teams.



Cherry Oak sports team also participated in the Level 2 Birmingham Games Para Kwik Cricket competition at Shenley Academy.

Cherry Oak team played really well against 4 other schools. After winning the first game they unfortunately lost the 2nd and 3rd game and due to running out of time and hot weather conditions we were not able to compete in the last game.

Overall the experience and enjoyment was great.



## **Birmingham Level 3 School Games Finals**

After all their hard work, participation and achievement, Cherry Oak Sports Team have made it to the FINALS!!! We will be participating in the Para Kwik Cricket event. Please wish us luck.

## **Play time leaders**

The sports team are continuing to role model the system which will be shared out to all the pupils in KS2. The leaders help others to participate in activities and social skills throughout playtime. The leaders are also responsible to help to get out and put away the equipment.

## **Swimming**

This half term pupils were selected to attend additional swimming sessions to extend their skills and work on their swimming awards.

Several pupils achieved and progressed their skills gaining awards.

5m badge awards—Imani,

10m badge awards— Daniel, David, Jack, Amy-Freya, Luis, Abid, Jibreal , Nathan S

20m badge awards—Jonathan, Connor



## Premier League—Primary Stars - ASTON VILLA FOUNDATION



This term we have participated in the Premier League Primary Stars project.

The project has been delivered by Corinne Mitchel and Paul Hughes from Aston Villa Foundation.

Corinne and Paul have delivered several sessions including;

**Healthy Stars**— is a health and wellbeing initiative which motivates pupils to lead a healthy lifestyle using fun, physical activities which gives them an educational understanding to nutrition and exercise.

The pupils learnt how to be healthy. Different types of food to give you energy and stay healthy. All about the body and how it works.

**Numeracy Stars**—Looking at the different shapes, lengths and measurements of a football pitch. Ticket numbers and how to find your seat using mathematical language.

**Reading Stars**—The 'Reading Stars' programme aims to promote enjoyment of reading and increase literacy skills through the power of football. Reading the rules of the game. Matching the phonic sounds to the objects relating to football.

**Football Stars**—The Premier League Football Stars after-school club gave pupils an opportunity to work with a qualified Aston Villa football coach reach their potential. The after school club participated in football skills and drills, competitive activities and lots of physical fun.

All the sessions encouraged learning through physical activity. This was very beneficial to most of the pupils and they participated really well. Pupils used the balls to sit on instead of chairs which encouraged posture, balance and to focus. Pupils had to dribble a ball to find letters, words or numbers. Dribbling the ball to items of food to them sort into healthy and unhealthy groups.

The sessions were all adapted for the ability of the pupils and groups. 38 Pupils participated in these sessions throughout the term. All pupils thoroughly enjoyed the sessions and are sad they have come to an end.

When asking a pupil what he had learnt from the sessions, he said “to be ambitious, keep trying and not give up”. This is a great aspect to learn in life.

The project promotes four different elements to learning..

Be ambitious— Never give up on your goals

Be inspiring—Set a great example to others

Be connected—Great team work and working well with other professionals

Be fair—Being considerate and thinking of others.

All the pupils were reminded of these attributes throughout the session. They were rewarded with stickers or certificates if displaying any of them throughout the sessions.

Following the pupils success and participation the pupils were rewarded with a day at Aston Villa. 20 pupils were selected to attend. They were given a tour of the stadium and participated in fun and games in the academy. They were also visited by a special guest... Hercules the Lion mascot. Hercules presented the pupils with their certificates and lanyards.

I can highly recommend this project and look forward to hopefully continue to work in partnership in the near future.

