

# The Woolgrove Sports Report

## Your guide to PE and School Sport at Woolgrove School!

### Latest News....

Welcome to the Spring Term edition of The Woolgrove Sports Report!

- We're now well under way with the Spring Term and we shall be looking at getting our pupils fit and healthy and outside as much as possible!

### Clubs:

Please let me know if your child attends an out of school sports club - its great to find out what sport our pupils do outside of school and I can pass this information on to other parents/carers who are looking for opportunities for their children.

#### School Clubs:

**After School Dance Club - Every Tuesday after school**

**Yoga Club - Every Tuesday Lunchtime**

**Karate Lunch Time Club - Every Thursday Lunchtime**

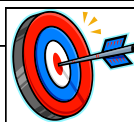
**Rising Stars - Every Friday lunchtime on the Junior playground—Basketball/Football open to all Junior pupils**

Spring Term 2018



### Achievement

Please let me know if your child receives an award/badge for a sport/activity outside of school - we can celebrate their achievement here!



### Our Sport focus.....

This term's PE focus' are

#### GAMES: Net and Wall Games:

We shall be learning to play **Volleyball, Badminton, Table Tennis** and **Tennis!** We'll start by developing core skills such as striking with our hand or bat (forehand and backhand), having a simple rally with a friend, then learn to play simple games with a friend/small team!

#### GYMNASTICS: Trampolineing

We shall be developing our core skills of jumping and landing on the trampoline. We will try different ways of jumping, turning and putting all of these together in a sequence.

Dance: Country Dancing! My Favourite! We shall be learning to move and dance to traditional country dances!

#### Here's how you can help!

- **Play Balloon "Keep ups" with your child at home - Balloons are excellent for developing hand-eye coordination as they travel slowly and allow your child to successfully track their movement.**
- **Play 'along the floor' hand tennis at home - you don't need a tennis court or a racket! Just strike a tennis ball along the floor to your child using your hands - encourage them to try forehand and backhand shots.**

#### We need pictures!

Please send in any newspaper or magazine cuttings/photos or pictures that you can find with your child of any of our focus areas - If your child would like to draw me a picture of our focus sports - that would be GREAT! All pictures will be displayed on our PE topic board!

### Dates and Fixtures....

If your child is chosen to represent the school at a sports event we will endeavour to contact you and let you know in advance. We try hard to give all pupils the opportunity to take part in appropriate events during their time at Woolgrove.

Taking The Lead event—Y6 select pupils: Thursday 25th January

Dance Festival - Y3 classes: TBC

Netball Tournament - A and B teams: Monday 26<sup>th</sup> March

