



# MULLION C.P. SCHOOL

## P.E. AND SPORT NEWSLETTER

What a fantastic term of P.E. and sport we have had since September. This newsletter will be sent out at the end of each term to inform you of everything that is happening in our school in this fundamental area of the curriculum.

It has been **fantastic** that so many staff members have been able to accompany teams at the wide range of competitions we have entered this term. Thank you to all staff who have given their time in organizing, supporting and managing teams this term.

Finally, an enormous thank you to all parents and carers who have supported our events over the past months. If you have transported, supported teams and generally cheered on from the sideline - it has been greatly appreciated! Thank you.

Please see the back page of this newsletter to see what's coming up in the Spring Term - it's a busy one!

**In the next newsletter, we would like to share and celebrate what sport is being done outside of school so please let me know what sport you do so that you get a mention!**



Mrs Carthey

### Wow—Look at how well we've done! Competition Results:

- ◇ KS2 Cross Country Squad - after 4 races - 5th position!
- ◇ Hockey Squad - 3rd overall!
- ◇ Badminton - Yr3/4 team - 5th. Yr5/6 team - 2nd!
- ◇ Swimming - KS1 team - 2nd. Yr3/4 team - 4th. Yr 5/6 team - 2nd!
- ◇ Tag Rugby League - After 3 events - 1st!
- ◇ Football League - Year 4/5/6 team - 7th!
- ◇ KS1 Cross Country—EYFS relay—2nd . Year 1 relay—1st!

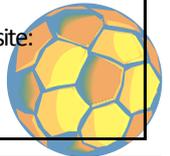


### Real P.E.

We are continuing to use the 'Real P.E.' scheme of work within our P.E. lessons this year. The scheme is fully aligned to the new National Curriculum and focuses on the development of the crucial skills of agility, balance, co-ordination, healthy competition and co-operative learning. This skill development begins in EYFS and progresses through to Year 6 and is linked with competitive game situations.

Mr Lane has also been supporting teachers in their P.E. lessons. This is one way the school is using our Sports Premium to provide staff with development in different areas of the wide P.E. curriculum where he is able to share ideas in exciting warm ups and activities for our P.E. lessons.

For more information on 'Real P.E.' see the website: [www.createdevelopment.co.uk](http://www.createdevelopment.co.uk)



### Exciting Sporting News:

- ◇ Year 6 sports' leaders this year are **Jessica** and **Joseph**. They will offer leadership P.E. in lessons, develop and organize resources as well as supporting teams at competitions.
- ◇ Congratulations to the Year 6 **girls' swimming team** who qualified through to the next round, joining swimmers from other Lizard schools. The girls will swim at Carn Brea pool at the end of January.
- ◇ Through the '**Playmaker**' scheme, Year 6 have been learning how to lead small games on the playground to develop co-ordination, balance and agility in younger pupils. A small number of Surfers' pupils will be leading different activities on the playground every lunchtime, starting in the Spring term.

### A Brilliant Parent Survey

Thank you to everyone who completed the parent survey on P.E. and sport in our school last half term. Almost 60 surveys were returned to school and it was extremely informative. We have been able to celebrate lots of areas in P.E. and sport in our school. You will find all the results on the Sports and P.E. area on the school website. In the Spring term, pupils will be asked to complete a pupil survey to gain their opinions. The final question on this survey asked how pupils would describe P.E. in our school in one word. The results have been collected and shown here. The larger the word, the more it was identified by pupils. What does it say about P.E. in our school? 

# Fun

## Good

## Great



Amazing Exciting

Awesome Favourite

Not-enough Lively Active

Boring Tiring

Uninspiring Average Happy

Unequal Super

OK Excellent Challenging Alright

Apparatus Brilliant Loves-it

Enjoyable FunGood

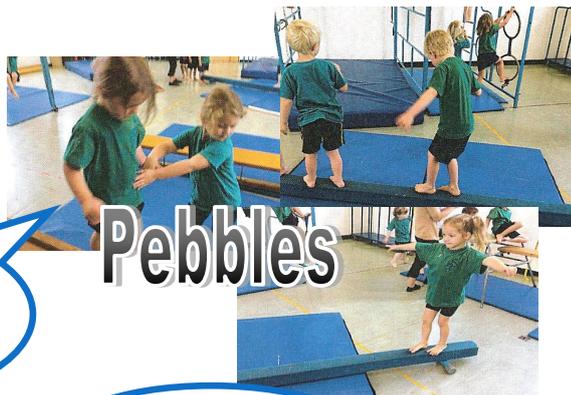


# MULLION C.P. SCHOOL

## Our P.E. this term...



Our next step was to walk backwards on the beam. Pebbles



### Pebbles



### Shells

I was helping Jacob balance better when he was walking on the beam. Zoe

We made sure we stretched our muscles properly! Seahorses



I learnt how to swing with one arm. Finlay

### Starfish

I like climbing apparatus because I love how high I can climb! Reece



### Seahorses

We learnt to do gymnastics and encourage each other! Cole



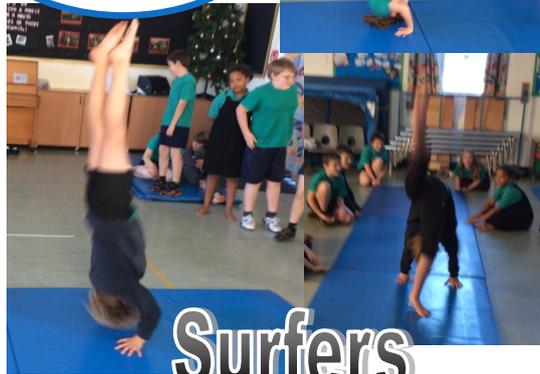
### Footprints

We have been practising how to join movements in a sequence. Chase



### Waves

I have learnt how to throw the ball accurately as before I found it difficult! Bryony



### Surfers



# MULLION C.P. SCHOOL

## SPORTING COMPETITIONS

I like doing balances because it helps your skills. Nancy

I enjoy doing different balances and working with my friends. Erin.

### KS1 Multi-skills

I enjoy cross country because it's all about running and I like running! Ellie

I thought balancing was easy but I did fall over once! Caleb

### Cross Country

### Hockey

I like cross country because it is all about taking part! Lowenna

We played hockey at Culdrose, worked as a team and had a great laugh! Jessica

Hockey was exciting and I could take my own hockey stick! Jemma

I enjoyed the competitive side and taking part in tag rugby. Reuben.

### Badminton

It was fun and I learnt how to play the game of badminton! Ronnie

### Tag Rugby





## What's Coming up Next Term?

### Real P.E. lessons



#### Spring 1

In the first half term after Christmas, all classes will have a physical focus developing in complexity. Our physical focus is 'Dynamic balance' which will develop into counter balances. These will be incorporated into mini games situations within KS2 classes. KS1 will use story and music to develop their ability to balance in a variety of ways.

We will also have an assessment focus on social skills where relationships in P.E. and sport will be considered.

#### Spring 2

Our physical focuses will be static balance and agility, gradually moving onto applying physical skills. During this half term, we will be asking children to assess their own learning, thinking about what they are confident at and what they could work on to develop their skills further.

### Spring Term Competitions



#### January

Wednesday 14<sup>th</sup> – KS1 – Key Steps Gymnastics

Thursday 15<sup>th</sup> – KS2 – Key Steps Gymnastics

Tuesday 20<sup>th</sup> – KS2 – Cross Country – Mullion School

Friday 30<sup>th</sup> – Year 6 girls – Swimming – Peninsula Competition

#### February

Friday 6<sup>th</sup> – KS1 and KS2 – Hi5 Netball – Mullion School

Tuesday 10<sup>th</sup> – EYFS, KS1 and KS2 – Cross country – Porthleven School

Thursday 26<sup>th</sup> – KS2 - Tag Rugby – Helston Rugby Club

#### March

Tuesday 3<sup>rd</sup> – KS1 and KS2 – Football – Mullion School

Thursday 19<sup>th</sup> – KS2 – Tag Rugby - Helston Rugby Club

Wednesday 25<sup>th</sup> – KS2 - Basketball – Mullion School

**All competition dates are provisional and subject to change!**



### Spring After School Sports Clubs

Day	Club	Adult in charge	No in club	Age group
Tuesday	Running Club 3.15-4.15	Mrs. Hatton	20+	KS1&2
Thursday	Football 3.15-4.15	Miss Francey & Mr. Annis	25	KS1&2
Thursday	Netball 3.15-4.15	Mrs. Bravery	20	KS2
Thursday	Gymnastics 3.15-4.15	Mullion Gymnastics	10	KS2
Friday	Tag Rugby 3.15-4.15	Mr. Lane	10	KS2
	Active Club 3.15-4.15	Mr. Annis	10	KS1

Please note, all after school clubs need to be booked by completing the after school club letter and returned to the office.

### P.E. Kit

An observation made by teachers this term was that some children were missing out on crucial P.E. lessons as they did not have their kit in school. Therefore, we have purchased brand new spare P.E. kit for the occasional instance that a kit is not in school. However, if this becomes a regular occurrence, as stated in the school P.E. policy, a letter will be sent home and a discussion with parents will be made by the class teacher. Please encourage your child to be organised in remembering the kit they need on P.E. and games days.



### Club Links

- ◇ Mullion Gymnastics Centre 01326 241377
- ◇ Swallows Gym, Helston 01326 574224  
[www.swallowsgym.co.uk](http://www.swallowsgym.co.uk)
- ◇ Helston Rugby Club [www.pitchero.com/clubs/helston](http://www.pitchero.com/clubs/helston)
- ◇ Penryn Netball Club [www.penrynnnetballclub.org/](http://www.penrynnnetballclub.org/)
- ◇ Culdrose Youth Football Club [www.clubwebsite.co.uk/rnasculdrosefootballclub](http://www.clubwebsite.co.uk/rnasculdrosefootballclub)

If you have any other club links - please let Mrs Carthey know.