



# MULLION C.P. SCHOOL

## P.E. AND SPORT NEWSLETTER

Dear Parents/Carers,

Another fantastic term of P.E. and sport in our school and we hope to celebrate our achievements in this newsletter. The good weather that began our term meant that we were able to get outside and enjoy our P.E. lessons in the sunshine. Mr Lane has joined our team two days a week this year and is teaching P.E. to classes in the afternoon sessions.

We are continuing to use REAL P.E. to develop the fundamental skills of agility, balance and co-ordination whilst applying these skills in a range of games situations. In preparation for sports competitions, various lunchtime clubs have been running and we have been really pleased with the participation.

As you can see below, we have had so many successes in sporting competitions, especially as this year, we are completing against 10 schools in our cluster with the addition of the Keskowethyans Multi Academy Trust schools. A big thank you to all our teachers and teaching assistants who have supported our teams and to all the parents who have provided transport, encouragement and support this term.

Mrs Carthey



### REAL Gymnastics

This term, we have been lucky enough to host both the Key Stage 1 and Key Stage 2 'REAL gymnastics' teacher training. Both of

real  
gym

these sessions were run by Sarah Moon, rhythmic gymnastics head coach for the Great Britain Group.



By purchasing this scheme of work and by teachers attending the training courses, we have already used the framework in lessons. We aim to develop, not only the key skills used in REAL P.E., but in areas of

balance, travel, rotation on the floor, with hand apparatus and upon low and high apparatus. All classes will have the opportunity, this year, to experience this new scheme of work to extend and challenge their gymnastic expertise.

### Swimming Lessons



During the Autumn term, Footprints have had weekly swimming lessons to develop their water safety, stroke technique and other water based skills such as treading water. Pupils have been working through the ASA schools' swimming award scheme and all have achieved their next badge which will be awarded at the end of term. Many thanks go to Miss Whear for all her hard work, encouragement and enthusiasm shown for our swimming this year. We have had many parents helping out with swimming which is really appreciated so thank you for your support.



A message from Miss Whear: *'Footprints have worked so hard this term and have shown huge progress. We have been working on water safety, building swimming stamina, improving stroke technique and some have been learning about life saving and water rescue. I could not be more proud of Footprints and their effort.'*

Next term, Waves and Starfish class will have a term of swimming, with Waves swimming at Helston pool and Starfish swimming in the pool at Parc Eglos School. Details of these lessons will be coming home with all the details.

To support our swimming teaching, in January, Miss Whear and Mrs Fisher will be undertaking additional swimming teaching training to further support our pupils in such an essential skill.

### Autumn Term Competition Results

Cross country with Mrs Carthey and Miss Harding—After 4 races—6th place.

KS1 multi-skills with Mrs Bonell—5th place.

Year 5 and 6 Hockey with Miss Whear—2nd place.

Year 5 and 6 Badminton with Mrs Fishwick—6th place.

Year 3 and 4 Badminton with Miss Stracey—1st place.

Year 3 and 4 Badminton Area finals—5th place.

Year 5 and 6 Swimming with Miss Whear—2nd place.

Year 3 and 4 Swimming with Miss Whear—1st place.



### Year 5 and 6 Lunchtime Club

We have been lucky enough to have a group of Year 9 Peer Leaders from Mullion Comp join us every Thursday lunchtime to run a lunchtime activity club. Pupils chosen to attend have played a range of games and enjoyed the fun warm-ups. This began with a group of pupils from Year 5 and 6 and a new Key Stage 1 group has begun this half term. We look forward to continuing this new club next term.







## OUR SUCCESSES - SPORTING COMPETITIONS

# Cross Country



After 4 races -  
6th position!

Playing at RNAS Culdrose was extremely fun and a great opportunity. Jess



# Hockey



I liked playing on left wing  
and we did really well as a  
team. Cavan.



# Football



# KS1 Multi-skills



# "Bis" Badminton



WE  
SCORED  
10  
POINTS



FREE PLAY  
BADMINTON



# Yr34 - Winners!



It was fun throwing the shuttle and I enjoyed playing at Penryn. Erin.

I really enjoyed it. It was a great experience and I was really proud of myself. Hannah.



# Swimming

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**Yr5/6 -**

**1st place!**

**2nd place!**





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## Spring Term 2016 Details

### Objectives for next term using our Sports Premium Funding:

- ◇ To provide CPD for teachers in the area of swimming.
- ◇ To begin a weekly gymnastics session for children identified with co-ordination difficulties.
- ◇ To continue to develop the range of type of extra-curricular sporting clubs with specialised coaches.
- ◇ To increase the number of children who are able to participate in school sport competitions.
- ◇ To purchase kit for teams participating in competitions.
- ◇ To create 'active bags' to be used by classes during the school day to increase active time.
- ◇ To research and purchase outdoor resources to aid English and Maths. (Outdoor clock)

### Food Glorious Food Week

What a fantastic week we had examining what makes a healthy life-style. We used part of our Sports Premium funding to fund the superb workshops, where classes all took a turn in cooking a healthy meal or snack. We felt that this was really important in terms of P.E. and healthy lifestyles so that all children understand the benefits of eating

healthily and exercising. We will be looking closely at packed lunches next term to see if this week has had an impact.



### Spring Term Competitions

#### January

Wednesday 13<sup>th</sup> – Key Steps Gymnastics – R – Y2 – Mullion Gym.

Thursday 14<sup>th</sup> – Key Steps Gymnastics – Y3 – 6 – Mullion Gym.

Tuesday 19<sup>th</sup> - Cross Country - Y3-6 – Mullion School.

#### February

Wednesday 3<sup>rd</sup> – Hi5 Netball – Y3-6 – Mullion School.

Tuesday 9<sup>th</sup> – Cross Country – R-Y6 – Porthleven School.

Tuesday 23<sup>rd</sup> – Tag Rugby – Y5/6 – Helston Rugby Club.

#### March

Wednesday 2<sup>nd</sup> – Football – Y1 – 6 – Mullion School.

Monday 7<sup>th</sup> – A&T – Y6 – TBC

Wednesday 9<sup>th</sup> – Tag Rugby – Y5/6 – Helston Rugby Club.

Tuesday 15<sup>th</sup> - Tag Rugby – Y5/6 – Helston Rugby Club.

Wednesday 16<sup>th</sup> – Cross Country – KS1 – Mullion Comprehensive School.

Wednesday 16<sup>th</sup> – Basketball – Y3-6 – Mullion Comprehensive School.



### Photo board

Have a look at how we have been active this term!



**Running**



**Rambling**



**Dancing**



**Climbing**



**Throwing**



**Jumping**