



# Sport and Fitness at Vernon Primary School

Sporting News Autumn 2018



## Welcome

Hello and welcome to our Sporting Newsletter! Fitness, health and wellbeing are paramount to us at Vernon and we are incredibly proud of the provision we offer both within the school curriculum and beyond. Sport at Vernon is a key part of the curriculum. Children have the opportunity to join many extra-curricular activities in addition to their regular PE lessons. Our PE coverage includes dance, gymnastics, games and swimming, during which the children can experience many varied activities. We enjoy the regular sporting opportunities offered in the area, competing against schools in Cheshire and Greater Manchester, as well as welcoming a range of expert coaches into school throughout the year to enrich our children's sporting talents. I am delighted to share the follow news and updates with you.

## Swimming Success

Swimming and water safety is an extremely important part of the PE curriculum at our school and is another way of helping children to lead healthy and active lives. Throughout the academic year, pupils in KS2 attend swimming lessons at Poynton Leisure centre in order to meet the National Curriculum requirements. This ensures that nearly every child leaving Vernon Primary School can reach the National requirement by the end of Year 6. Children are taught to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situations. We are delighted that at the end of the last academic year, 98% of our Year 6 pupils achieved this target!



## Active Mile

In June this year, the Government updated their 'Childhood Obesity Plan', which contains a number of further recommendations to schools. As a school, we play an important role in defining habits and helping children make healthier choices; we are proud that at Vernon, we equip our children with the knowledge they need to lead healthy lifestyles and we create environments which encourage our children to eat healthily and be physically active, whether this be through the number of hours of PE we teach, the extra-curricular opportunities we offer, the healthy school meals we provide, our enriched Science curriculum or our sporting events calendar. The Government's recommendation is that schools should be responsible for delivering at least 30 minutes of the total recommended 60 daily minutes of moderate to vigorous physical activity for children and young people. We achieve this in a variety of ways, including PE lessons, clubs, active learning in the classroom, playtime activities and lunchtime games. A further recent initiative promoted by the Government that we are keen to adopt is the 'Active Mile'. Although this is not statutory, we feel that it would enrich our children's fitness programme and engage them even further in achieving the 30 minute daily activity target. As you are already aware, we are thrilled to be raising funds (through sports funding, devolved capital, our fantastic circus event and regular film nights) for a brand new, innovative running track that we would like to incorporate on our school field. This would enhance our play area as an additional mile of space that will be also be used at playtimes and lunchtimes, enabling all children in all weathers to achieve their daily physical activity challenge! The children are extremely excited about this enterprise and we hope to raise the final funds needed very soon!



*'It's not as slippery as grass so we won't fall over and it'll make us healthy because we'll be running!'*  
Year 4 pupils.

## Tennis Coaching



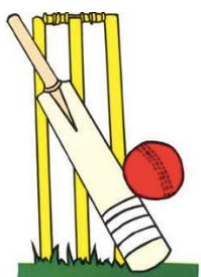
We are delighted to welcome Ben Bush as our new tennis coach. Ben is an experienced coach who has won the Lawn Tennis

Association's 'Coach of

the Year for the North' award and is currently the club coach at Davenport Lawn Tennis Club. He will shortly be offering a before school club (details to follow in a separate letter), as well as coming in to teach children from Reception to Year 6 a bespoke tennis programme in the Spring and Summer terms. We are looking forward to working with Ben throughout the year and in the future!

## Cricket Coaching

Andrew Jackson will be continuing his quest to shape our pupils into cricketing stars this academic year. Years 3 to 6 will participate in Andrew's cricket coaching sessions in the Spring term 2019.



## Sportscape

After many successful years of partnership, we are continuing to work with external sports coaching providers, 'Sportscape'. Over the years, the coaches have taught a range of year groups, using their specific expertise to deliver the PE curriculum in an exciting, interactive and enriching way. Currently, Sportscape are working closely with the Year 2 and Year 4 teachers to deliver outstanding PE lessons, covering a range of sports and curriculum objectives. Year 4 have already refined their football skills and tactics this term and Year 2 are enjoying developing their ball skills in preparation for more complex games. Sportscape also continue to offer after school extra-curricular clubs, Games for Key Stage 1 children and Invasion Sports for Key Stage 2 children. Sportscape's Extra-Curricular Clubs give children access to healthy living and the opportunity to try something different in sport, gaining new skills in the process. These clubs are very well-attended and feedback is overwhelmingly positive. For more information about joining a sportscape club, please ask the office for a flyer.



## Brand New Sports Kits

We have recently purchased and acquired some wonderful new kits for our sports teams! A huge thank you to Mr Valentine and Golf management Group (GMG) for their sponsorship of our Year 5/6 Football team. Mr Valentine has developed and donated an incredibly smart football kit for our talented football players and they have already enjoyed debuting their new professional look at a recent match:



We have also purchased a new kit for pupils who attend sporting tournaments and events beyond school. The kit fits in with our whole-school uniform and we are keen to roll this out as a new PE kit in September 2019!



## Sports Equipment

We were delighted last year to be able to purchase some exciting new gymnastics equipment. We were keen to update our resources in order to ensure our Gymnastics curriculum could be taught effectively to maximise our children's skill development and to extend some of our more talented gymnastics in school. The gymnastics equipment, including a 4-tiered vaulting box, has been used with much enthusiasm by all year groups.



## Recent Events

There have already been a number of exciting sporting events for Year 6 held this term:

### Boys Box Football

The Year Six boys were superb at this five-a-side competition, with one of our teams making it to the semi-finals! We were unfortunate not to make the final as we conceded an agonising last minute goal. The boys did a fantastic job of representing Vernon and their sportsmanship was incredible.

### Girls Box Football

The Year Six footballers performed brilliantly, making it all the way to the semi-finals! For many, this was their first experience of a competitive match but the determination and team spirit that was demonstrated was phenomenal. The girls all enjoyed the experience (especially in the Vernon versus Vernon derby) and are keen to play football on a more regular basis.



### Tag Rugby

The Year Six rugby players did an incredible job in some challenging weather conditions. For many, this was their first competitive tag rugby game and they performed excellently, showcasing their natural talents and aptitude for the sport. The children thoroughly enjoyed the event and are keen to go on and play rugby more frequently.

## Extra-Curricular Clubs

We have a range of extra-curricular clubs on offer that involve sport and fitness. Please refer to the clubs page on our website for more details of the following exciting activities:

<https://www.vernonprimaryschool.co.uk/page/sports-and-clubs/44181>

- Years 1 & 2 Multisports - Tuesdays
- Years 3 & 4 Football - Tuesdays
- Years 1 & 2 Gymnastics - Wednesdays
- Years 2 & 3 Dance - Wednesdays
- KS2 Invasion games - Wednesdays
- KS1 Games and Ball skills - Thursdays
- Years 5 & 6 Football - Fridays
- Years 3 & 4 Tennis - coming soon!



## Year 1 Health & Fitness Programme

We are delighted to announce a new Health and Fitness Programme starting soon in Year 1. Mrs Bannard-Smith, Parent and qualified sports coach and fitness expert. She will be delivering weekly sessions to each Year 1 class designed to promote healthy living and fitness. We are looking forward to working with Mrs Bannard-Smith, welcoming her to our team and seeing the long-term impact of her programme on our children.

## Upcoming events and Tournaments in KS2

Below are the dates for Key Stage 2 sporting events and tournaments throughout the year. Not all children will attend every event, but across the year, teachers ensure that all children are given the opportunity to participate in a range of activities. Football fixtures have not been included as these happen throughout the year and are usually organised at a shorter notice. We have also included events that have recently taken place, so that you can see our whole sporting year at Vernon! There will be more events and tournaments to add to this list as the year progresses; these are the key events that have been booked so far:

### October 2018

1st, 3rd, 8th, 10th	Years 5 & 6 Box Football
5th	Years 6 Tag Rugby

### November 2018

9th	Years 5 & 6 Sportshall Athletics
23rd	Years 3 & 4 Sportshall Athletics

### January 2019

24th	Years 5 & 6 Pop Lacrosse
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### March 2019

1st & 15 <sup>th</sup>	Years 5 & 6 Tri-Golf
28th	Years 3, 4, 5 & 6 Cross Country

### May 2019

16th	Years 3 & 4 Mini Tennis
17th	Years 5 & 6 Mini Tennis
21st	Years 6 & 6 Kwik cricket

### June 2019

20th	Years 3, 4 & 5 Tag Rugby
27th	Years 5 & 6 Woodbank Park Athletics