

## What's happening in P.E this term?

This year we are introducing intra-school sports competitions into our PE curriculum. At the end of each term, every class will be involved in a competitive match against the other class in their year group. All classes from years 3 to 6 will compete for the Intra Cup. Our PE topic this term is Rugby, therefore to run alongside the Rugby World Cup we have allocated each class a country to represent. Matches will be played in PE lesson time and every child will be included.

During Indoor PE this term we have focused on how to lead healthy active lives. Every class has been learning about how to eat and stay healthy, understanding the impact of physical activity on their bodies, developing fitness and the value of exercise.

## Clubs Round-up

Our after-school sports clubs continue to do well with all of the children developing their skills in a variety of sports. Children in the Year 5 and 6 hockey club have been very busy working on creating space and how to defend as a team. The children in Year 3 and 4 Badminton club have now learnt how to play a rally and are getting ready for matches in their final week. The Year 1 and 2 golfers are showing signs of becoming professionals as they are now competent putters and the chipping is looking superb.

## Sports Leader Review of the Term

Carterton Community College Sports Coaches will be training a selection of Year 5 children on Friday 16<sup>th</sup> October and Year 6 children in November. These Sports Leaders will then be trained to: officiate games, set up and encourage games at break times, help run intra competitions and become members of the Sports Council, helping us with ideas to improve sports, introduce competitions and raise money for our school sports equipment.

## Health Promotion Tips

Just like cars, buses and trains cannot run without fuel, our bodies need energy to work. Especially after a night's sleep, energy levels are low. So, whether you are off to school, or out and about at the weekend, start the day with breakfast. Carbohydrates are a good way to start the day: try toast or cereal with milk and yoghurt or fruit.



## Parent Involvement

Do you have some time to encourage children to take up a sport?

We are always looking for support with running after school clubs.

If you would like to get involved, please speak to Mr Hyatt.

## Forthcoming Events

Friday 16<sup>th</sup> October  
Year 1 Dance Festival

Tuesday 9<sup>th</sup> November  
Year 5/6 Mixed Hockey

Friday 20<sup>th</sup> November  
Year 4 Dance Festival

## Sporting Achievements

Congratulations to all those who took part in the Cross Country Competition at Carterton Community College on Thursday 8<sup>th</sup> October. Around 30 schools entered the competition, with over 400 children taking part. We were unlucky in that we did not make the next round of the competition but a fantastic effort was made by every child. A highlight was Finley Barrett (Year 3) finishing at an impressive 15<sup>th</sup> place against 140 year 4's.



## Sportsmanship Award Winners

From next term we will be adding a Sportsmanship award to our Gold Book Assemblies to celebrate individual achievements in PE and Competitions. Congratulations to Freya White who was spotted by Witney Rugby Club at our last competition.

## Local Clubs

U9 (Year 4) Tag Rugby at Witney Rugby Club, meet every Sunday at 10am. They welcome new players and will offer you the chance to join in with a session before committing.

Witney RFC  
Hailey Road  
Witney  
Oxfordshire  
OX29 9UH

## Intra Tag Rugby World Cup

Monday 19<sup>th</sup> October  
Year 4

Silver Birch (England) Vs Holly (Ireland)  
Tuesday 20<sup>th</sup> October

Year 6

Willow (New Zealand) Vs Walnut (South Africa)  
Wednesday 21<sup>st</sup> October

Year 3

Rowan (France) Vs Cedar (Australia)  
Thursday 22<sup>nd</sup> October

Year 5

Sycamore (Scotland) Vs Maple (Wales)