

# PE News

## House Points

Nightingales 1573

Starlings 1714

Robins 1697

Eagles 1662

Swallows 1533

As well as the physical aspect of PE we focus on character education and developing the whole child.

Our value this half term is Social Me: Respect

- Treat others as I would like to be treated
- Accept people's differences
- Value what other people would say and do
- Agree to disagree if necessary
- Recognise when others are better at something than me

## Festival Dates

Year 1&2 Events

Year 3&4 Events

Year 5&6 Events

**For these festivals we try to ensure that all children have at least one opportunity to attend a festival within the Key Stage. For example; if your child is in year 3 they may not attend a festival in year 3 but may attend one in year 4, vice a versa.**

## Sporting Success

**Congratulations to Jacob F for achieving a Silver Medal and Peyton M, Sophie H, Millie H and Rosie J for achieving a Gold Medal for our PE board this week.**

Bronze medals are for achievements in PE lessons based on performance, understanding and value of the lesson.

Silver medals are for achievements in school and external clubs.

Gold medals are for achievements in festivals or competitions outside of school.

To help us with the Silver and Gold medals please do email Miss Potter [lpotter@bestacademies.org.uk](mailto:lpotter@bestacademies.org.uk) with a picture of your child along with their achievement (medal, certificate, man of match etc) for your chance to be featured on our medal board and in our newsletter.

We are so pleased to announce that we have achieved GOLD in the School Games Sports Mark 2023/24.



## Current News

Please make sure children DO NOT come in wearing jewellery on their PE days.

Clubs this half term: KS2 PE, Dance, Drama and Football.

## **PE Medals**

Thank you so much to all of you who have shared your child's sporting achievements. I have loved reading about your success and receiving photos of medals/trophies with smiling faces. Please note this is the last PE newsletter from myself and I have finished handing medals out for the year, so I wish you all the best in your future sporting activities.

Miss Potter x

## Street Tag

An easy way to get active and win prizes for the school. In 2022/23 we came 2<sup>nd</sup> and won money for the school. You may already be signed up with us from then, if not you can now sign up using the information below.

We are currently 7<sup>th</sup> on the leader board so please do sign up explore your community and collect virtual tags and points. You can add virtual tags along your favourite route so you can earn points every time you walk it. Why not add tags along your school run so you can earn points every day! Remember points means prizes!

**Central Bedfordshire Schools**

# Get Active & Win Prizes!

## Sign up to Street Tag

### How To Join

- Install the FREE Street Tag App from PlayStore/AppStore.
- Enter the valid details to Sign up and click continue.
- Choose "Schools Leaderboard" as your option.
- Select Central Bedfordshire Schools then pick your school team and click continue.
- Provide your postcode, gender and date of birth.
- Verify with your Email/Phone number.
- After the verification step, please answer the questionnaire.

**PS:** Parents can add up to two Child accounts on their main account.

### Prizes (To School PTAs)

1st Prize: £200  
2nd Prize: £150  
3rd Prize: £100  
4th Prize: £75  
5th to 10th Prize: £50

### Leaderboard Dates

Season 2 - 20th Jan to 15th April 2025  
Season 3 - 6th May to 14th July 2025

**FREE APP**

[www.streettag.co.uk](https://www.streettag.co.uk)

GET IT ON Google Play | Download on the App Store

## 30/30 Initiative at Home

Aim: To incorporate 30minutes of activity at home per day

Why:

1. Children learn better for 30-60minutes following an active break in lessons.
2. Cardio fitness is essential for improved learning.

Please use the list of activities below to help you achieve 30 minutes of activity a day.

REMEMBER:

- Don't always do the same activity and allow for choice to prevent boredom.
- Lead by example and move with your children.
- Be fun, engaging and inspiring.

Walk/run/bike/scoot:

To school, before/after school. Use a fitness app to record how far you travel. Can you make a picture from your exercise?



Useful Links:

Youth Sport Trust - Wonder Woman Quests:

<https://www.youthsporttrust.org/system/files/resources/documents/YST-WW-Schools-Pack.pdf>

Youth Sport Trust - 60 second challenges:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

Change for life 10minute shake ups:

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

Just dance kids:

[https://www.youtube.com/results?search\\_query=just+dance+kids](https://www.youtube.com/results?search_query=just+dance+kids)

PE with Joe Wicks:

[https://www.youtube.com/results?search\\_query=pe+with+joe+wicks](https://www.youtube.com/results?search_query=pe+with+joe+wicks)

Andy's wild workouts:

[https://www.youtube.com/results?search\\_query=andy%27s+wild+workouts](https://www.youtube.com/results?search_query=andy%27s+wild+workouts)

Stormbreak:

<https://www.stormbreak.org.uk/>