



# Southfields Primary School Sports Newsletter

Sept 2018



## SILVER AWARD 2018

We are delighted to announce that we have achieved the very prestigious School Games Silver Mark Award for the 2018 we are now going for gold ☺ for 2019

The School Games Mark is a Government led award scheme accredited by the Youth Sports Trust to recognise schools for their commitment to PE and Sports within and beyond the school and we are delighted to be recognised for this success.

Team Southfields !!!



## KEY DATES

- ✓ October 30<sup>th</sup> Year 2 Multi Skills Event with other schools at Stanground Academy
- ✓ Autumn Term – Deep pool swimming for Year 5 – free one hour sessions for all pupils in Year 5
- ✓ November 12<sup>th</sup> Year 3/4 Boys football competition at Stanground Academy
- ✓ November 19<sup>th</sup> Year 5/6 Mixed Dodgeball Competition at Stanground Academy
- ✓ December 10<sup>th</sup> Year 5/6 General Knowledge Sports Quiz at Stanground Academy

## THE SOUTHFIELD SPORTS TEACHER



### TEAM

### Mr A Knightley

As PE lead for the school, I have the opportunity to promote a healthy active lifestyle to all pupils. I have a very keen interest in Rugby, Gymnastics, Cricket and Tennis, alongside this I also have the responsibility for the use of Sports Premium funding that the school receives.

### Mr J Pye

### Mr J Aldous



## SPORTS PREMIUM FUNDING

The school receives targeted funding that must be used to fund additional and sustainable improvements in PE and sport. It must encourage the development of healthy, active lifestyles.

We spend our PE and sport funding by providing:

- 🌐 regular physical activities – kick-starting healthy active lifestyles
- 🌐 a raised profile across the school as a tool for whole school improvement – team work, personnel best, challenge, resilience and practise
- 🌐 opportunities for Increased confidence, knowledge and skills for all staff in teaching PE and sport
- 🌐 a broad range of experiences to pupils
- 🌐 Increased participation in competitive sport
- 🌐 additional support and expertise to improve sports high quality resources for children to use



## WHAT MAKES A HEALTHY LUNCHBOX?

Pick and mix one tasty option from each of the five core food groups to create a healthy lunchbox every day:

- ✓ **Fruit** (e.g. fresh, frozen, pureed and canned in natural juice)
- ✓ **Vegetables, legumes and beans**
- ✓ **Milk, yoghurt, cheese and alternatives**
- ✓ **Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans**
- ✓ **Grain (cereal) foods**
- ✓ **Plain water**

What to avoid:

- ✗ Foods high in sugar
- ✗ Foods high in saturated fats
- ✗ Energy drinks
- ✗ Foods that are only from one food group

