



# Southfields Primary School Sports Newsletter

Oct 2018



## SOUTHFIELDS SPORTS CLUBS

At Southfields we are very lucky to have a dedicated team who offer a range of different active clubs to our pupils. Currently at Southfields we offer:

- Gymnastics
- KS1 Football
- KS2 Football
- Dodgeball
- Multi-Sports
- Ballet
- Country Dancing
- Lunchtime football

We are now looking to introducing lunchtime fitness session run by Mr Knightley!



## KEY DATES

- ✓ 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 BENEFITS OF SPORT



More good news about the incredible benefits of physical activity! Here are five amazing things that children and youth get out of being a member of a sport club:

**Healthy bodies, healthy minds-** through the development of healthy physical activity habits, children and youth are not only supporting healthy bodies, but are also likely to show improved performance in school.

**Social skills** - Sport clubs can help them develop important social skills such as good citizenship, positive peer relations.

**Self-esteem** - Sport clubs allow children and youth to build self-esteem as they learn to trust in their own abilities, receive encouragement and praise.

**Skill building** - Through engagement in sport, they learn leadership, teamwork, problem-solving, responsibility, self-discipline, and a sense of initiative.

**Tolerance** - build lasting friendships and feel part of a wider community.

## PETERBOROUGH SPORTS CLUBS



Vivacity offer a range of different term time and holiday clubs at one of their many venues around the city- more information can be found at <https://vivacity.org/>



The BBC Get Inspired section details a comprehensive A-Z list of sports that are available throughout the UK, use the link to find a sport near you