

11th June 2021

Dear Parents/Carers

Young people are more effective learners when they are happy and well. As a school, we understand the importance and benefits of physical activity to the wellbeing of children. We are happy to announce that we are lucky to have the following opportunities this half term at Houghton Conquest Lower School.

These sessions will be run outdoors so can we please ask that your child comes to school in their outdoor PE kit on the dates below (*this should include: HCLS white PE top, maroon shorts, HCLS sweatshirt/cardigan, tracksuit bottoms and trainers*).

They should also ensure they have their water bottle with them, a sun hat and any long hair needs to be tied back. As with all PE lessons earrings should be removed for the day or you will need to ensure your child has some micropore tape to cover them.

Class PE lessons will still go ahead as normal so they will still be required to come into school in their PE kit on their designated PE day.

Skip2bfit



KS1 (Years 1 & 2) and KS2 (Years 3 & 4)

Wednesday, 16th June

The **Skip2Bfit Skipping Workshops** are unique skipping workshops which are about **motivating** the children to succeed, whilst at the same time encouraging them to exercise.

Each class groups will have a personalised session, with a 15 minute assembly at the end of the day. The sessions show children how to skip, breaking it down into 5 simple steps. Then they are challenged to the **Skip2Bfit 2 minute challenge**. The Skip2Bfit ropes have counters on them so they count the number of skips they do.

The Skip2Bfit ropes will be available to buy **in class** after the workshop (*Wednesday until Friday*). If you wish to purchase a rope please bring in the set money in a sealed envelope. The ropes are fully adjustable so they are suitable for adults and children and are £5 each or £8 each, depending on the rope and they both have a counter on them which counts the number of skips you do as you skip.

<p>Our New Professional Skip2Bfit Counting Skipping Rope This rope is our latest model. It is made with stronger plastic and has an improved rope. It allows you to skip faster. This rope is priced at £7 in schools and £8 + £3.99 P+P on line.</p>	
<p>Skip2bfit Counting Skipping rope This rope is the rope we have been selling for the last fifteen years. This rope is priced at £5 in schools and £6 + £3.99 P+P on line.</p>	

www.skip2bfit.com

Gymnastics

All years

Wednesday, 23rd June

We have organised for a gymnastic specialist to run a workshop for each class. This will be an opportunity for children to develop and improve their fundamental movement skills.

Sports Day

All years

Friday 25th June

We are excited to announce we will be hosting our annual Sports Day once again this year. This will be a chance for children to show their skills and have fun. Unfortunately, due to the uncertainty around restrictions, local authority guidance and infection rates being particularly high in this area we are **unable** to invite parents/carers the opportunity to visit the school site to watch.

Children will compete against each other in the same colour teams, with each team being awarded points in relation to the position they are awarded for the carousel events. The carousel activities focus on athletics where children will rotate around different events and the scores will be added to the overall team score.

Each child will take part in the following events: Hurdles, shooting, long jump, javelin, throwing and a coordination activity. After this, each class will take place in a *mixed* competitive sprint on the field.

We are hoping for perfect weather on Sports Day, but as we live in Great Britain, this is often very difficult to be sure of. Should the weather be so adverse, ie it is too wet on the Friday, 25th our reserve date is Monday, 28th June

Redbourne Multi Sports

KS1 (Years 1 & 2) and KS2 (Years 3 & 4)

Tuesday 29th June

We are pleased to let you know that on Tuesday, 29th June representatives of Redborne School Sport Partnership (RSSP) will be in school running the re-scheduled Intra School Quadkids competition for our children in years 1 - 4.

Events include running, sprint, throwing and jumping activities. All children will receive a certificate and RSSP will submit our best performing athletes into the Year 1/2 and Year 3/4 County Virtual competition.

Football freestyler

KS1 (Years 1 & 2) and KS2 (Years 3 & 4)

Monday 5th July

Ash Randall is one of the UK's **top Professional Football Freestylers and a 22x World Record Breaker**. He will lead a workshop which will include:

- Teaching between 10 – 20 Freestyle Football Skills
- Individual & Group Challenges
- Freestyle Football Games & Competitions
- Create Freestyle Football routines
- Opportunities to be creative

For more information: <https://ashfreestyle.com/>

Thank you in advance for your support

Yours sincerely



Mr J Hetherington
PE Lead