



Term Update!

Dear Parents, Carers, Family & Friends:

The children of Hayward's Primary School take great pride in their physical activity, education, and extra-curricular sporting achievements. With this in mind, the children would like to share with you all that they have achieved throughout the Spring term within their PE time. Over the course of the Spring term, many children have begun to flourish with sports and exercise, developing their skills whilst having plenty of fun with varied and engaging lessons.

CURRICULUM PE in KSI

KSI (Spring 1) - Multi-Skills:

Over the first Spring half term, Key Stage One children had the opportunity to engage in multi-skills activities that form the framework for a large portion of their PE curriculum. Through fun, basic movement games, throwing & catching drills and simple jumping exercises, Year 1's and 2's were able to practice their PE skills whilst simultaneously gaining an understanding of the importance of communication, teamwork and Coordination, all skills which are crucial for the development of their own sporting ability.

Repetition of these skills over the course of our multi skills learning journey, has allowed year 1 children to develop their confidence and ability significantly. The children are increasingly demonstrating this when working in teams, with a partner or on their own. Meanwhile, Year 2 classes were able to add a competitive element to their lessons, furthering class engagement as well as the application element of their developing multi skills.

Year 1 were also able to take part in a Multi-skills event held at QE this term too!



KSI (Spring 2) - Tag Rugby:

Spring 2 saw Key Stage 1 focusing on tag rugby. A very wet and windy February-March did nothing to demoralise year 1 and 2 spirits on this front, with both year groups displaying a keen attitude when carrying out their passing and movement drills as they developed an understanding of the basics of the game. This, combined with fun warm up games related to our learning objective each week, made for highly enjoyable sessions, with almost all children showing improved capability by the end of our unit.

By focusing on their basic movement skills, children were able to translate this confidently to later sessions which focused on more advanced skills such as dodging our opponent and moving forward with the ball. With this they were able to quickly grasp the more difficult skills such as passing and tagging, with both year groups being able to complete an Auckland grid passing drill and were able to make a sideways pass with ease.



Curriculum PE in KS2

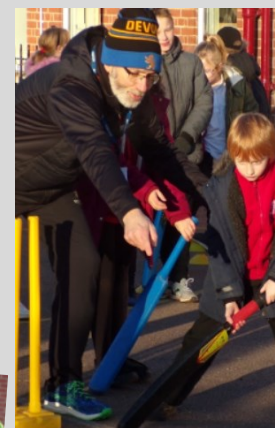
KS2 (Spring 1) - Netball:

Within the first Spring term, KS2 focused on netball. Previously learnt skills such as passing and movements within the game were expanded upon through a series of drilled exercises and mini game based netball scenarios. Small sided games were integrated into sessions to help the children apply the knowledge gained from each session, with many showing a keen interest in improving week by week and demonstrating great understanding of the sport within this. Increasingly complex station based circuits provided a unique challenge to key stage 2 students with progression being the main focus, with teamwork based drills proving the most popular amongst year groups.

KS2 (Spring 2) - Hockey (Unihoc):

In Spring 2, all of key stage 2 focused on Hockey (unihoc) for their PE sessions. From passing and dribbling to the safety elements of tackling and blocking, KS2 classes quickly developed an aptitude for the game. All year groups focused on the fundamentals of the game with dribbling, passing, tackling and shooting sessions aiming to help them improve week on week. After reviewing the basics, advanced skills such as the 'Indian dribble' technique were learnt, with year 5 & 6 looking at self-evaluation of their skills as well as recognising tactics within hockey based scenarios. Children also looked to analyse the performance of their peers, whilst improving their hockey based vocabulary and understanding.

Years 4,5 and 6 also had a chance to take part in cricket workshops this term in their other PE lessons.



Summer Term

Within our Summer term PE schedule, the majority of the school will be focussing on rounders as their sport, with key areas of focus being improvement of teamwork, communication and coordination using previously learned skills.

A few year groups however will have the chance to participate in a unique new PE environment with orienteering being delivered. Children in these classes will aim to develop their team building and problem solving skills as well as learn some new ones in map reading and compass directions.



David Hill Sponsorship Event

Our David Hill sponsorship event on February 5th was a huge success and as a school, we managed to raise over £5200! Almost £3000 of this is coming back to Hayward's to spend on amazing new PE equipment, which will help improve our PE lessons even more. Thank you so much for all of your support for this event!



CHANGE4LIFE—WHATS ON THEIR WEBSITE? COOK TOGETHER

Your first step to cooking healthier meals Get the family involved and make tasty meals from scratch with Cook Together. Every week for 4 weeks you will get 2 healthy recipes - with videos, easy-to-follow instructions and a shopping list of everything you'll need - straight to your inbox.

Visit Cook Together on the Change4Life website. Mental wellbeing tips for parents Every Mind Matters has tips and practical advice to help parents look after their children's and their own mental health while the family is staying at home.

Visit Every Mind Matters on the Change4Life website. A little lunchbox inspiration See our easy, varied recipes to make up a delicious lunchbox, plus loads of great tips and ideas to help keep things simple and stress-free. Click on Make a lunchbox to look forward to on the Change4Life website. Check it out: <https://www.nhs.uk/change4life/>