

PE Termly Newsletter

Friday 19th October 2018

I have thoroughly enjoyed my first half term at Bourn; thank you all for your support and for being so welcoming. We have had a lot of fun in our PE lessons so far and I look forward to developing children's newly-learnt skills throughout the year. I have lots of exciting things planned for the year ahead so watch this space! Have a lovely half term, Mr Gawthrope.

Class Acorn

This half term we have learnt lots of different ways our bodies can move. These have included running, jumping, walking backwards, galloping, skipping and sidestepping. We have been jumping off the floor on two feet, hopping on one foot and jumping from one to the other (called 'leaping').

We have also started kicking, rolling, throwing and aiming a variety of different balls.

Lastly, we have learnt some new games this term and the rules for them. We have also been learning how to play them fairly!



Tennis

Classes Willow to Maple have spent this half term practising their tennis skills. This has included developing hand-eye co-ordination and our ABCs: Agility, Balance and Co-ordination.

We have learnt 4 different types of tennis strokes:

1. Forehand (your one stronger arm holding the racket, letting the ball bounce and then hitting it);
2. Backhand (using your weaker hand to hit the ball but with 2 hands on the racket);
3. Volley (hitting the ball without letting it bounce); and
4. Serve (throwing the ball up in the air and hitting it downwards towards the ground of the opposing player's area).

We have also learnt how to rally with our partners (keeping the ball moving to and from each other) and the basic rules of tennis, such as starting play with a serve and that opposition means 'being like a cat'.

Tag Rugby

Classes Hazel to Maple have also spent this half term practising their tag rugby skills. This has included practising various techniques that further develop hand-eye co-ordination, such as:

- Picking up the ball
- Passing the ball
- Receiving the ball
- Moving with the ball

We have also been working on other skills like agility (the ability to run in different directions quickly and decisively) and teamwork, which has proved easier for some than others! The children have had to work together to move the ball up the pitch whilst passing it backwards.

Finally, we have been learning the rules of tag rugby and how it differs from rugby.



Coming up next half term

Next term in class Acorn we will be learning lots of new team games and going on many new adventures around spaces while moving in different ways.

In Classes Willow to Rosewood, we will be learning how to tumble in gymnastics and how to follow in England's World Cup footsteps by learning how to play some fantastic football!

Lastly, in Classes Cherry and Maple, we will be learning how to cycle cross as well as learning how to play football properly!



P.E. Kit Reminder

All children are required to have their P.E. kit in school on their P.E. days, but it would make sense to keep them in school and bring them home during half terms for a wash. This consists of blue or black shorts, a black school P.E. T-shirt (with Bourn's logo on) and trainers. During the winter, dark-coloured jogging bottoms and warm tops are advisable. All long hair (including girls and boys) should be tied back, as is the school's policy for in school, too.