

Weekly P.E Newsletter

Another excellent week of PE with some brilliant efforts from across the school. This week we looked at throwing in Phase 1 as well as across the whole school, balancing on a pillow in Phase 2 & a 30 second dance routine in Phase 3. Thank you and well done to everyone who took part! Your results for this week are as followed:

POSTION	YEAR	PHASE 1	YEAR	PHASE 2	YEAR	PHASE 3
1 ST	Nursery	Kaitlyn – 5 throws	2 2 2 3 3 3 3	2 – 30 seconds Emilia Hudson Ilaria Alfie Bailey Isaac Zayn	4	Freya
2 ND	Nursery	Richie – 5 throws	3	3 – 27 seconds Surina	4	Lurie
3 RD	Nursery	Jeroen – 3 throws	3	3-22 seconds Leena	4	Kaela



Whole School Challenge:

1st Zayn Year 3, Haroon Year 4, David Year 1

2nd Maia Year 4, Tyler Year 4 – 7 throws

3rd Isaac Year 3, Bailey Year 3, Kaitlyn Nursery – 6 throws



Your challenges for next week are as followed:

Phase 1: Using a ball (socks, rolled up tinfoil etc) and a stack of plastic cups, how many can you knock over in 30 seconds? Maximum 10 cups!

Phase 2: How many skips can you do with a skipping rope in 30 seconds? Don't have a skipping rope? Try using the belt from a dressing gown or a similar object!

Phase 3: How many stairs can you climb in 30 seconds? Don't have stairs inside your house? Can you find some somewhere else?

Whole school challenge: Using a ball (socks, rolled up tinfoil etc) and a stack of plastic cups, how many can you knock over in 30 seconds? Maximum 10 cups!

Remember to upload your scores onto seesaw or email them to ahobbs@reddings.herts.sch.uk. Your scores must be in by Wednesday 27th at 9am.

Mr Hobbs