

Weekly P.E Newsletter

Well done again to all those that have taken part in our weekly challenges! This week we looked at throwing at a target, skipping and climbing stairs. I would like to give a 'shout out' to Nimrod in Year 4 who has taken part in the DSSN stair climb challenge by completing 54,962 steps over the week! Let us see if anyone can beat that next week.

This week coming is Children's Mental Health Week and I believe that it is important to help play a part in supporting that through PE. With this in mind, our challenges this week are going to be whole school challenges and are going to be daily with 7 challenges being given out!

Last week's results:

Phase 1	Year group	Score
1. Jeroen, 1. Joseph 1. Jenkins, 1. Avani	Nursery Reception Nursery	10
2.Kaitlyn	Nursery	8

Phase 2	Year group	Score
1. Zachariah	3	45
2. Bailey	3	44
3. Zayn	3	20

Phase 3	Year group	Score
1. Aarya	4	104
2. Ibraheem	4	80
3. Lillie	4	60

Whole school challenge	Year group	Score
1. Zayn	3	28
2. Tyler	4	24
3. Bailey	3	20

I ♥ PE

Your Challenges for next week are as followed:

Saturday:	Can you go on a walk with a member of your family
Sunday	Can you have a go at a Just Dance of your choice
Monday	How many times can you throw a ball into the air and catch it in 30 seconds (remember use socks, tin foil etc.)
Tuesday	How many lunges can you do in 30 seconds
Wednesday	Can you balance an object such as toilet roll, apple, plastic cup etc on your head whilst balancing on one leg for 30 seconds

It would be great to see some photos or videos of you taking part this week as it is all about expressing yourself! Remember to upload your scores onto seesaw or email them to ahobbs@reddings.herts.sch.uk.

Your scores must be in by Wednesday 3rd at 3pm.

Mr Hobbs

