



PE Newsletter

November 2007

As you may be aware the Government has recommended that each Primary School child has access to 2hours of physical activity each week, which your

child at St.Kentigern's receives.

Fortunately we are also able to provide many extra activities both in and out of School hours which you may be interested in for your child.

Clubs

Morning Skills

- For any child in Breakfast club

On Monday Morning's we have a coach come in and work with any of the children who are in Breakfast Club.

Afternoon Clubs

Every day, except Tuesday, we have an active activity going on for at least two classes. Children in KidsClub are welcome too, they can return to KidsClub at 4:30pm, but please inform Mrs.Fontabla so she is aware of where the children are supposed to be.

Afternoon Clubs

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:30 - 4:30pm	Games Skills Y3 + Y4		Indoor Athletics Y5 + Y6	Hockey Y4 + Y5 + Y6	Football Y5 + Y6



Activities

Playground PALS training for all Year6 on 1st November

Active Lifestyles from 6th November for 5 weeks for all Year5



Swimming every Friday for Year5
P.A.T. 5weeks per 10 children in Year1



Our Head boy and girl in the rather fetching playground PALS caps

Cross Country Races for Years3-6

The next two events are on **18th November** and **9th December** at Stanley Park

All welcome to come
10:00am - Y3/Y4 boys
10:10am - Y3/Y4 girls
10:20am - Y5/Y6 boys
10:30am - Y5/Y6 girls

Coming up

Football semi-final at Stanley Park Oval on 28th November from 9:30am

Indoor Athletics competition on 12th December

Although we have only a small area to train in the various sports, our children always seem to enjoy and achieve a good standard in their chosen activity.

Last years Hockey Team were in the semi final of the Lancashire league and enjoyed a day out in Preston. Thank you to Mr.Scudder who still trains the hockey team.

This years Football team are in the semi-final of the Plate. Welcome and thank you to Mr.Clarke who is this year's trainer.

Mrs. Lapsins

P.E. Coordinator