

# South End Sport

HEAD TEACHER : MISS KAUR

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## Super Sports!

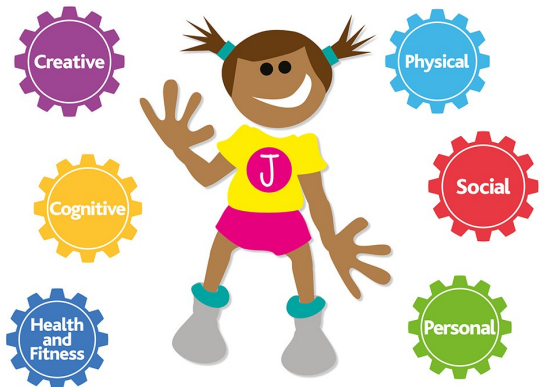
We have had a great term within the Sport and PE department. Across the school we have been exploring new and exciting games through the use of Real PE. Miss Brown has really enjoyed watching the children challenge themselves and show their growth mindset!

### Lower Hub

In years 3 and 4, we have been exploring our 'cognitive cog'. We have been discovering new games such as 'To Bank or Not to Bank' and have been learning ways in which we can balance independently and with partners.

We have been increasing our independence when choosing which challenge is right for us and we have been able to self assess and recognise our strengths and weaknesses when performing our balances.

We have been looking at dynamic balances; focusing on walking and lunging fluidly, forwards and backwards, both on a straight line and on a bench, seated static balances; focusing on our core strength, picking up one cone from one side of our bodies and placing it onto the other side of our bodies without wobbling, and our counter balances; working with a partner to keep our balance when leaning back.



## Upper Hub

In years 5 and 6, we have been focusing on our 'social cog', thinking about how we can involve and motivate others in our lessons, as well organising roles and responsibilities in our team groups. We have started to explore ways in which we can communicate well in a team and have played fun games such as Jumpball and River Crossing. We played a new game called Kabaddi using tag rugby belts and showed great teamwork and sportsmanship during this.

We have begun to give and receive sensitive feedback during our lessons to help ourselves and our classmates improve their performance. We have also looked at new balances, both individually and with a partner. We have learnt new dynamic balances; focusing on walking and lunging fluidly, forwards and backwards, both on a straight line and on a bench, seated static balances; focusing on our core strength, picking up one cone from one side of our bodies and placing it onto the other side of our bodies without wobbling, and our counter balances; working with a partner to keep our balance when leaning back.



## Year 6 Sports Leaders

Our Sports Leaders have been working extra hard this term to ensure that other children have the chance to play fun and exciting games at lunch times. All of the children were excited to plan and lead their own lunchtime games. Thank you to all of the Sports Leaders for your hard work! Miss Brown is excited for new opportunities next term!

## PE kit reminder

For indoor PE, every child needs black shorts, a white t-shirt with or without the school logo and trainers or plimsolls. For outdoor PE, children are required to bring black tracksuit bottoms and a black sweatshirt/hoodie in addition. This kit should be in school every day as PE days can sometimes change. Children must tie back long hair and take off any earrings or watches/Fitbits for every PE lesson.