

## PE and Sports Newsletter Spring 2 2025

The warmer weather is slowly upon us and brighter days ahead means lots more opportunities for outside sports and exercise. Classes will gradually have more lessons outside this term which will greatly support their physical and mental wellbeing.

Thank you for your continued support.  
**GO TEAM ST PAUL'S!**

### Competitions

Our next competition this term is our swimming gala on the 26<sup>th</sup> March.

This will be held at Worsley pool, we wish all children attending the best of luck!

As we creep slowly to some warmer weather (fingers crossed) we have our Salford Athletics competitions in June to look forward too.



### EDSTART clubs this term:

Monday: Cheerleading  
Tuesday: Gymnastics  
Wednesday: KS2 football  
Thursday: KS1 football

**EDSTART**



### Spring PE topics

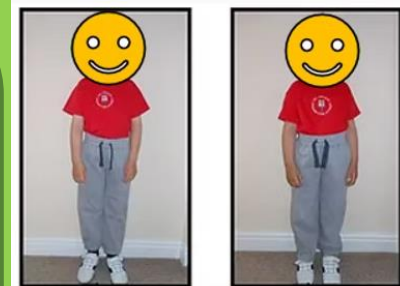
This term our classes will be learning-  
Nursery: Yoga  
Reception: Movement to music  
Year 1: Games & Yoga  
Year 2: Games & Yoga  
Year 3: Badminton & Yoga.  
Year 4: Fitness & Hockey  
Year 5: Basketball & Dodgeball  
Year 6: Basketball & Dodgeball

### Why Physical Education?

ENCOURAGES PHYSICAL ACTIVITY FOR LIFE	HELPS PREVENT SICKNESS AND DISEASE
PROVIDES AN OUTLET FOR CREATIVITY AND SELF-EXPRESSION	Builds Self-Confidence
DEVELOPS COOPERATION & TEAMWORK	PROVIDES OPPORTUNITIES FOR PERSONAL GOAL-SETTING
INCREASES PERSONAL FITNESS AND MOTOR SKILL DEVELOPMENT	HELPS REDUCE STRESS & ANXIETY
BOOSTS ACADEMIC LEARNING	STRENGTHENS RELATIONSHIPS WITH OTHERS

### Our school PE kit consists of:

- Plain black/grey joggers - no patterns please.
- Black shorts for indoor.
- Red PE t-shirt.
- Trainers.
- Normal school jumper or fleece for outdoor.



Outdoor PE Kit

