



PE and Sports Newsletter Spring 1 2025



Happy New Year and a warm welcome to our new PE and sports newsletter. Updated half termly, here you will find out about what your child is learning in their PE lessons, any competition updates and news about our clubs.

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

Competitions

Our Year 6 football team did us proud last term in the Bill Hayhurst Cup. We won our first game but were sadly knocked out in our second game. The team performed brilliantly.

Our Salford schools cross country competition is still on going with the last race on the 18th January. Getting up on a winters morning, at the weekend and race against lots of other schools takes remarkable resilience and courage and St Paul's are so proud of all the children who have attended and tried their best with each race. Well done.



EDSTART clubs this term:

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



Spring PE topics

- This term our classes will be learning:
- Nursery: Movement to music
 - Reception: Gymnastics
 - Year 1: Gymnastics and dance
 - Year 2: Gymnastics and dance
 - Year 3: Dance and fitness
 - Year 4: Gymnastics and swimming
 - Year 5: Gymnastics and badminton
 - Year 6: Gymnastics and badminton

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

