

PE Department Newsletter

Terms 3 and 4 January 2021 – March 2022

In term 3 & 4, the Meadowfield PE team have been focussing on supporting students in developing their resilience to get back to a healthy PE routine, including transitions & active engagement in the lessons.

We have also had a focus on reintroducing our PE values, DR PE (Determination, Respect, Proud & Enthusiastic). By focussing on these themes after extended periods of change, we hope that we can support students in developing healthy lifestyles and a love for physical activity.

Clip & Climb

Kahlo Class in Subject-Led have been very excited this term as they have started to take part in some Clip & Climb Soft Play activities. Led by Deanna, pupils from Kahlo have been working extremely hard to build on some key skills such as, confidence, upper body strength, coordination and balance. We would like to thank Swallows Leisure Centre in particular for this amazing opportunity. All of the pupils have enjoyed it.



Trampolining

Trampolining is back and the team are very excited to have it up and running. This exciting opportunity helps pupils develop their balance and coordination in a fun, challenging environment. Pupils are also given the opportunity to help support others through 'spotting' which gives them a sense of control. The team are extremely grateful to have this sport up and running!



Work Experience (6th Form)

We have been very fortunate to have 2 outstanding pupils from 6th Form assist us around school. Bailey and Darragh have been helping us with the regular maintenance of the equipment around school. Furthermore, they have given us a helping hand with our lunchtime clubs for pupils in Subject-Led and Extended Impacts.

They have been outstanding throughout, and deserve every bit of praise coming their way. Well done!



Delivery of Bikes

We have been incredibly fortunate to receive brand new bikes! The PE team would like to give Debbie Brabon and Jorge Wright a massive appreciation for helping to finance the bikes. This has given our pupils an amazing opportunity to improve their physical, social and emotional wellbeing.



West End Dance

West End Dance are a dance company who link Dance with Stories and Books. On the 8th March, a team came in to provide for the whole-school. They were delivering Dance through the story of The Charlie and The Chocolate Factory. The children enjoyed recreating moments from the book whilst being active. A massive thank you to all those who supported with this amazing event.



Huw Nightingale

A massive thank you from Huw Nightingale (Team GB Snowboarder) who took time out of his busy schedule to send a personal message to Meadowfield and showcase some quick-fire exercises that he uses to help him succeed.

Making his competitive Snowboard Cross debut at the 2018 FIS Junior event in Pec Pod Snezkou, Huw Nightingale placed 7th.

Following strong, and steady progression through the sport with two top-10 finishes in the 2021 European Cup, with a best of seventh in February 2021 in Chiesa in Valmalenco, Huw broke onto the World Cup circuit at the 2021 Montafon World Cup, placing 28th.



British Athletics Association

Friday 18th March saw a large number of pupils take part in an Athletics event run by the British Athletics Association (BAA). Pupils in Subject-Led had the opportunity to work with a coach from the BAA to learn new skills and most importantly to have fun! Each pupil demonstrated the 4 PE Values of Determination, Respect, Proud, and Enthusiasm throughout the entire session.

The PE Team would like to raise a special thank you to Mark from the BAA who worked extremely hard with Meadowfield Staff to ensure the event was fun and stimulating for our pupils!



BRITISH
ATHLETICS

Red Nose Day

The PE Team would like to thank everyone at the School for their amazing efforts with Red Nose Day this year.

On Friday, pupils from across the school celebrated in style with Fancy Dress Costumes, a particular focus on being superheroes! Pupils from EYFS, Impacts, and EI enjoyed a Disco organised by the PE Team. Lastly, pupils from Subject Led took part in the Red Nose Fun Run out on the playground. All the pupils thoroughly enjoyed themselves on the day!



Kin-ball

The PE Team have added another activity to their level of knowledge, in Kin-ball. Pupils have been working extremely hard in their PE lessons and having lots of fun with the new activity.

We would like to say a special thank you to Steve from the Sport's Governing Body for giving us the opportunity to deliver this sport across our school.



Pupils of the term

In term 3 & 4 the PE team have continued with the pupils of the term scheme which has been a huge success as it demonstrates exactly what we are looking for in our students. These students have reflected the 4 PE Values known as DRPE values:

- Determination
- Respect
- Proud
- Enthusiastic

For term 3 & 4, the nominated students are as follows:

Ian's Nomination

Christopher (Pankhurst)

Learning new skills such as, balance and coordination when riding a bike. He has also demonstrated exceptional listening skills during his PE Lessons.

Holly (Snowdrops)

Showing excellent resilience when taking part in PE. She has shown great enthusiasm in her lessons as well.

Deanna's Nomination

Skye (Swallows)

Amazing determination and being a superstar all round!

Sammy (Butterflies)

For being brave and resilient for transitioning to PE! Massive well done!

Conor's Nomination

Sacha (Parks)

Amazing determination to not only succeed herself, but support her friends throughout PE lessons.

Rory (Wrens)

Brilliant role model to the rest of his class, working hard to achieve his targets every week.



Well done everyone!

