

PE Department Newsletter

Terms 5 May 2022

In term 5 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 continued to embed the PE values of Determination, Respect, Proud, and Enthusiasm in all of our PE Lessons. Our focus this term has been around health-related fitness. Pupils have been also developing confidence and competence and have been introduced to different training methods and components of fitness.

Pupils across the whole school took part in a Sponsored Mile to raise money for Comic Relief. In total, the school raised over £1700 for charity which is an amazing figure.

A special thanks goes out to all those who were involved with the Sponsored Mile, and the for all those who kindly donated for such a great cause. The PE team were thrilled with how many pupils took part.



Hydro Pool

This term, we have welcomed back Hydrotherapy for pupils in the Impact Classes. Staff and pupils have been waiting a long time for it be open and the excitement has been evidently clear.

It is great to see the pupils have an opportunity to experience the pool. They are given 15 minutes with support staff to undergo a relaxation session that works alongside their physiotherapy plans. With the lights, and calming atmosphere, it really is brilliant to have it back up and running.

Olympia Boxing

The PE Team are delighted to welcome Meadowfield's new boxing coach, Wayne from Olympia Boxing. Nightingale class have been taking part in Boxing sessions during their PE lessons. This has given them the opportunity to learn new skills and develop confidence, resilience and respect for each other.

A special thanks goes to Wayne from Olympia Boxing who has been fantastic in delivering the sessions. The pupils have shown great enthusiasm and determination during the boxing.



Friends of Meadowfield Charity

P.E staff and staff from Meadowfield School, are raising money for the charity Friends of Meadowfield, which is a registered charity, Charity Number 285436.

The P.E Department staff are to take on a number of 24-hour challenges, including the Three Peaks Challenge on the 27th May 2022. This involves 23-miles in three stages, with a total ascent of 3,064 metres and driving over 450 miles.



The overall aim of these fund-raising activities is to complete a number of 24-hour non-stop events in an effort to raise £24,000 for a much-needed health and wellbeing suite in school, together with updated sports equipment. These ambitious and gruelling challenges involve climbing, rowing, cycling and dance. Four separate 24-hour events will need the support from the community and staff, to occasionally join in alongside the P.E. team at any time to help and encourage those completing these events.



Meadowfield vs Sittingbourne School

At the end of term 4, Meadowfield played their first competitive fixture against their neighbouring school in what was a brilliant affair. With strong winds and some heavy rain, Meadowfield School came out 1-0 winners in the end which was considered a fair result! All players from each team gave it their all in what was very difficult weather conditions. Player of the Match was Rhys. A special shout out to the PE Team at Sittingbourne School and Ian from Meadowfield, who organised the fixture.

Meadowfield vs Milton Court (Hockey)

After winning the toss for the push back, Meadowfield competed enthusiastically with the more experienced Milton Court team. Much of the play flowed through the middle of the pitch where Naomi, Harry and Kobihan fought for possession. Ten minutes into the game each team received some coaching to spread out and make use of the space. Milton Court were first to respond and a quick one-two in midfield created space for the centre forward to score. Cailan was well placed in the heart of defence but could not stop the powerful shot into the goal. From the restart Kenzie and Nicole linked up on the right but a timely interception saw Milton drive forwards for a second goal and they added a third on the stroke of half time.

The second half was more evenly balanced, attacks were broken down by the hard-working home team defence. Nicole re-joined the game and linked up well with Danny down the left wing. However, another interception saw Milton break away to add a fourth goal late on. Despite the heat and fast pace of the game Meadowfield never gave up, showed resilience, great team spirit and support for each other.

Thomas gave a spirited three cheers for the opposition and kindly thanked both umpires. Pupils from both sides enjoyed themselves and the smiles on their faces, during the match and after said it all! Milton's head of PE said "I would like to mention how your pupils are an absolute credit to you and your school! It was such a good afternoon."

Annette is very proud of the Meadowfield team from Nightingale class. They had never played a competitive

hockey match, were undaunted playing an organised Milton Court team who have attended weekly coaching sessions since November!

Thank you to The Sittingbourne Hockey Club who kindly gave shirts to our pupils and medals for players on both sides.

Annette (TA in Nightingale Class) coaches at the Sittingbourne Hockey Club, part of their long-term plan is to engage with the community, schools, children and parents to provide inclusive sport through Flyerz hockey. Flyerz is Access Sport's inclusive hockey initiative, working with hockey clubs across the UK.

Parents interested in this initiative can make enquiries at: info@sittingbournehc.co.uk



Rowathon Challenge

In the last week of Term 4, pupils across the whole school took part in a Rowathon Challenge in the new sports hall. Pupils had access to the rowing machines in all of their PE Lessons in an attempt to cover 2000m in the lesson. It was amazing to see all pupils taking part in this event.

It was brilliant to see so many pupils give the rowing challenge a go. Similarly, it was great to see so many staff members get involved in the action.

The PE Team would like to raise a special thank you to Green Acre Academy, and St John's Catholic School for lending the equipment to Meadowfield. Even more so, that they are giving us more time to use the machines to help us with our upcoming 24-hour challenges.

Pop Dance and Circus Skills

During Term 5, pupils across Extended Impacts have been taking part in a brand-new enrichment activity in the dining hall, with Emily. Emily has been providing the pupils with exciting activities; each activity has embedded skills such as balance, coordination, and core strength. In addition, pupils have developed confidence in themselves and have experienced different movement patterns of the body.

Enrichment Activities

Friday's enrichment activities have continued to have a positive impact on pupils across the school, giving them excellent opportunities to develop their resilience and confidence. Honourable mentions go out to Darren who delivers Tag Rugby in the afternoon; the circus team who deliver circus skills to Extended Impacts classes, and Tricia from Kent Cheerleading who continues to deliver outstanding sessions for our pupils.

Bikes

Since the introduction of our new bikes, our pupils have responded very well to our latest instalment. Pupils across primary and secondary have had the chance to access the bikes. They have gained valuable skills such as balance and coordination, confidence and resilience, all whilst having fun on the bikes. The PE staff have worked extremely hard to ensure each pupil is given an opportunity, even some of the teaching assistants too!



Get Set for Sports Week

The PE Team have been extremely busy this term planning and organising our End of Year Sports Festival.

This celebration is taking place between the 18-20th July and will be a 3-day event. Every day will be an opportunity for each class to take part in a series of activities designed to be fun and exhilarating. There will be 10 different activities running on each of the 3 days.

Monday and Tuesday will see classes from Extended Impacts and Impacts taking part in activities around the school. The Wednesday will see classes from Subject-Led take part in a series of fun, stimulating challenges that are designed to incorporate the 4 Key Values of PE (Determination, Respect, Proud, and Enthusiastic). This will be evidently clear throughout both Monday and Tuesday.

Classes from each corridor will be given a large banner and they can each decorate it amongst themselves. Lastly, the pupils will have a special visit from the Public Services on these days. Teams from the St John's Ambulance, Kent Police, and Kent Fire and Rescue will be on site.

Honourable Mentions

The PE Team continue highlight certain individuals who have gone above and beyond in their role. Each individual has helped the PE Team support Enrichment on Friday's, as well as working closely with the team to ensure pupils are demonstrating the 4 PE Values.

Lucy from Sapphires class has been brilliant in the PE lessons this term. She has shown great enthusiasm and professionalism in her role, and the pupils and staff have acknowledged her efforts.

Jack from Kahlo class has been a great help every Friday running Football for enrichment. His level of football knowledge and professionalism has had a positive effect on the pupils.

Emma from Glennie class has worked tirelessly supporting pupils in her class and other pupils on break and lunchtime duty. She always comes into work with a big smile on her face which has a positive impact on the pupil's behaviour.



Impacts

Everyone in the Impacts Department have been working tirelessly this term to ensure that pupils are having a positive experience in their PE lesson. Tom cannot thank them enough!

This term, pupils have experienced a range of different activities from Parachute Games, to colour coordination exercises, and most recently have been introduced to Boccia.

With the move down to the new build as well, Diamonds class have settled in well to their new home. Their neighbouring class Parks have shown tremendous support as well for their happy and welcoming faces.

The whole department are very excited for their Sports Week coming up next term!



Pupil of the term

Ian

Mickey (Ducklings) - For being hard-working and engaging in all activities, listening and showing excellent patience.

Jesse (Kingfishers) - For improving his listening skills.

Deanna

Bailey (Sixth Form) - helping the PE team every Wednesday for months and is amazing! He cracks on, gets stuff done and the pupils love it when Bailey helps out on a Wednesday! Well done Bailey!

Oskar (Badgers) - Excellent effort in PE especially at being the green monster! Oskar has done very well in team games this term, taking turns and taking part in all activities! He has come on a long way since September 2022.

Tom

Alisha (Sunflowers) - has shown great enthusiasm in her PE lessons this term. In addition to this, she was brilliant on the Rowing Machines during the Rowathon Challenge

Oliver (Daisies) - Oliver has been outstanding this term transitioning to the secondary playground during his PE. He has started to use the Rollers as well!

Well done to everyone this term!

