

PE Newsletter



Term 4 March – April 2023



In this issue

Leadership & Inclusion

This term, the PE team have had a focus on Leadership & Inclusion. We have been looking to promote leadership opportunities to our students & provide more opportunities for all students to become involved in physical activity.

Inclusive Sports

The PE team would like to welcome Inclusive Sport to our already growing external support for physical activity & development.

Inclusive sport ensure that everyone is included within their provision, showing compassion, being inspirational & providing a sense of belongingness to all participants.

Inclusive Sport works with a wide range of people and celebrates diversity. We work with children, young people, adults and people in later life. We specialise in working with people with additional needs and disabilities and are led by a management team that are inclusion experts with a wealth of experience teaching in schools as well as coaching in the community.

<https://www.inclusivesport.net/>



Active Kent & Medway

A funding application was written and submitted in February to Kent and Active Medway, the PE team have recently been informed of the successful bid. The project objects are to deliver after school clubs and make the facilities more accessible for sports and active

The PE team have been incredibly fortunate to be granted the £12,000 each year for 3 years from Kent and Active Medway and will now be working in partnership with Inclusive Sports and Sports Connect who will be using the sports facilities to provide after school clubs on a Tuesday in April.

The PE team would like to thank Claire Geeves our local School Games Organiser who provided guidance through the extensive planning

<https://activekent.org/>



SCAN ME



SCAN ME



Sports Connect



Sports connect has been a huge success with the students at Meadowfield. All are buzzing for Wednesday each week and we hope that this provides a great building block for their future.

Swimming (Foxes)

A thank you from Tremaine & her brilliant Foxes team Emma, Lynne & Christine for making Swimming a pleasure for Deanna to lead. Tremaine took the time to write a lovely piece around the impact this trip has had on her class....

I would just like to say that Swimming lessons for our children in Foxes has been fantastic and amazing for all. They have only been going to the pool for the last three weeks and already have engaged with the community around them. This has helped the children understand the behaviours we have to show when going on a school trip outside within the community.

Above all swimming has helped the children to relax and thinking about sharing and turn taking within the pool. It has helped them to see what others can do and encouraged them to do just as much and not be scared. The children have benefitted with the encouragement of Dee to put their faces under the water and come away from the side or even just by getting into the pool which quite a few of our children does not normally do. I have had conversations with parents saying that their children have asked to go swimming which they have never done before. Also, parents have also said they have given up trying to take their children swimming because they have been so scared and refused to even get in the pool. The children cannot wait to go swimming and all the children have entered the pool without even asking.

Dee you are fantastic with the efforts you have done with the children and encouraging them when they are scared. Thank you!

We have swimming for the rest of this term and next term and I will keep you informed on how the benefits of swimming is having on our children. I would like to say please, if possible, continue this activity next year as the benefits have been amazing.

A fantastic comment from a member of the public...

As a regular swimmer at Faversham Swimming Pool I would like to say how impressed I am with the supportiveness and calmness of your school staff in enabling your pupils to have such a relaxing and enjoyable time each week. As a former special school teacher, I appreciate all the effort and skill involved.

Soft Play

Reception children have thoroughly enjoyed being able to experience PE enrichment at Swallows soft play centre this term. All of the staff are absolutely amazed with how well all 18 children have dealt with leaving school on the mini bus for the first time, and how beautifully they have all been while being out in the community. Reception have really made Meadowfield proud!

Achievement - Sammy was very nervous at the beginning of the term while in soft play and needed lots of encouragement to explore the equipment. By week 5, Sammy was independently climbing the equipment and going down the slide with a smile on his face!



Achievement - Johnny transitioning for the first time in the bus to a new environment. Johnny wasn't too sure about soft play and sat at the very entrance during the first weeks. By the end of term, Johnny started to explore the area and climbed independently.

6th Form Swimming

6th Form have been continuing to develop their independence in the community by venturing out to Sheppey Leisure Centre to use their swimming pool.

The students have been independently paying for the session & changing in & out of their swim kit with minimal support.

They have all had a great time & have been offering fantastic support to each other.

Inclusive Cricket visit

Brian from Kent Cricket has been delivering table cricket to Diamonds, Kestrels, Badgers, Butterflies, Swallows and Kingfishers as part of a 6-week programme to encourage physical activity using table cricket. The pupils have developed their fine motor skills, team work and enjoyed themselves in the process.

<https://www.kentcricket.co.uk/>



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Total Sports Coaching

Thank you to the fantastic Craig from Total Sports Coaching who delivered a unique multi sports session to Badgers class this term. Craig inspired the pupils to take part in physical activity by incorporating the imaginary world and building a pirate ship for the pupils to explore on.

He encouraged the pupils to throw using the pretend cannon balls from the pirate ship. A great experience had by all of Badgers class.



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<https://tscoaching.co.uk>

Fencing

With fencing equipment that was kindly donated from North Kent College the engage pathway took part in Paralympic fencing during world book day. The session lead by Ian showcased accessible sports and the importance of breaking boundaries and stereotypes in all sport. Well done engage pathway.

Meadowfield Mile

On the 27th April the Meadowfield mile was held on the playground. As part of the Red Nose Day celebrations the whole school was in attendance and ran, walked, hopped, wheeled and skipped for 30min. The morning created a fantastic buzz around the school. It's always lovely to see how such a simple activity can create such a positive experience within our school. Well done to all the pupil's teachers and TAs for providing such an exciting and fun atmosphere and modelling the benefits of exercise.

Trike Day

The PE team would like to send a massive thank you to Kayleah, Keiron & Bernardo from Jiraffe, who made the long journey down from the Midlands to lead their Rifton Tricycle workshop.

They led a presentation showing data & info about the importance of physical movement, especially for those that are sedentary for long portions of the day.

We then had 24 students through the day being fitted into Trikes and riding around the sensory track in the sports hall.

All the students made some amazing achievements & created some fantastic memories, even bringing tears to some eyes...

We really hope that we can invite the Jiraffe team back again for a summer event & create a special whole school cycling day.

Jess Holmes
"Thank you so
so so much
for today!
Seeing the
kids ride bikes
was magical!
Harry was so
proud of
himself and
Issy kept hold
of her giraffe
for ages!!!
You guys are
amazing!"



Success Story



Huge thank you and well done to Ethan who taught his TA Nil how to ride a bike! Nil is very grateful and we are very proud of the skills you demonstrated when teaching Nil! Well done! Dee can't wait for the races around the MUGA in the summer terms with you both.

Milton Court Hockey & Kinball

Thank you to Jake and all the pupils from Milton court who visited Meadowfield this term and played in a micro Hockey tournament. All of the pupils from both schools were polite and showed amazing kindness and sportsmanship throughout when they played hockey. The tournament finished in favour of Milton court showing real dominance and skills with excellent skill on the ball, the final score ended 9 -2. Well done Milton Court

Boccia Tournament

We had a visiting home fixture against Broomhill School on the 13th of March. The Boccia tournament included a mixed team of pupils from Kestrels and Butterflies class. The games consisted of a single round and team round. Both teams showing fantastic focus and displayed outstanding encouragement of their teammates and opposition. The games finished with Broomhill being the runaway winners and went home proudly with their winning trophies. Thank you to Mr Lane for his commitment to SEN sport and driving the journey to play the fixture.

Speed Stacking

Deanna, Sharon (TA from Poppies), Jacob, Christophe, Freddie, Ollie, Teddy and Billie Jo all went to the speed stacking fixture. It was 3 heats of relays and a very Easter fun themed warm up! All pupils did amazing, Sharon and Dee were very proud of you all. You all showed so much determination and were very polite to everyone. A big thank you to Claire Greeves who is the Kent School Organiser and allows us these great opportunities! Well done everyone!



Pupil of the Term



Ian

- **Harry (Sapphires)**

Amazing work in PE and always smiling and telling great jokes. Amazing effort during the Trike day

- **Nihan (Kingfishers)**

Always gives 100%, helps others, enthusiastic and never gives up however hard it may be.

- **Izzy (Sapphires)**

Always present in PE and being such an inspiration every day. Amazing work in PE and during the Trike day.



Conor

- **Mackenzie (Kestrels)**

Amazing participation in every PE lesson & showing a caring nature when sharing equipment with peers

- **Sophie (Hedgehogs)**

Brilliant engagement in PE & a willingness to try different activities

- **Samantha B (Endeavour)**

Fantastic effort during swimming & amazing independence changing in & out of swimming kit

Deanna

- **Finley (Kahlo)**

We have been doing dance this term and he has been very creative, coming up with dance moves using his partner, creating moves to match lyrics of the song. I am really impressed with how much passion you have demonstrated this term Finley and for this I am super proud of you! Well done.

- **Ava (Ducklings)**

I have had the pleasure of teaching Ava since September and she has come on leaps and bounds! I am so impressed, she takes part in PE loves her jumping and now has started to follow specific instructions and take part in group activities! Well done Ava I am super proud of you!

- **George (Foxes)**

George has been swimming this last term with his class and myself. At first, he was scared to even get in the water and did a paddle with his feet. He now has a long noodle float around his waist, kicks with his legs and pulls with his arms independently but with an adult at his side! I am super proud of you George – keep it up next term!



We want to hear about your sporting success outside of school

Caroline's 20-mile run

On Sunday March 12th, I completed the Lydd 20-mile race, although the course was slightly (and by that point) unwelcomingly long at 20.14 miles. It was a hard race, despite being flat, and the scenery was pretty much the same all around the course, which lacked mental stimulation and interest, adding to the mental struggle when all you want to do is stop! It was a reasonably mild and sunny race at the start, however, as usual in that area, rather windy, and the last few miles were not only grey and windy, but we were also treated too some light rain.

I completed this at a slow and steady pace as part of my marathon training for the Kent Spring Marathon on April 16th, which will be my first full marathon. However, it remains in the balance as to whether I will complete this due to an ongoing foot condition, which makes it very painful to run. I have now received treatment for it and am hoping I can still participate.

Official chip time 3:32:52



Ian, Conor & Peter – Completing the Hastings ½ Marathon

On Sunday 26th March, Ian, Conor & Peter took part in the Hastings 1/2 Marathon.

Despite the rain & soggy shoes before the race began all managed to climb the steady hills, see some wonderful scenery, meet some lovely people & complete the race, even with Conor hobbling to the finish line.