

# Saltergate Infant School



## Spring Term 2025

This term the children across the Infant school have had various opportunities to increase their levels of physical activity and improve their skills in physical education. Some of these opportunities were:

- Extra-Curricular P.E. Club; Multi-Club and HTAFC Girl's Wildcats
- Specialised P.E. Lesson with Miss Tremble in Bright Class (Years 1 and 2).
- A taster session for KS1 from Oliver at Premier Martial Arts
- A taster session with a local Dance instructor
- The set up of Forest Schools for the Summer Term

# Extra-Curricular Sport Clubs

This term the children across Key Stage 1 have had the opportunity to take part in a Multi-club, which involved some physical activity as well as a club run by HTAFC called Wildcats and aimed at girls playing football.

Both clubs have allowed the children attending these clubs to be physically active in a number of ways including playing football and ribbon dancing.

The children in Wildcats have made some great improvements with their football skills and have increased their confidence at the same time. The children in Wildcats will continue this club over the Summer term and there will also be another club ran by the teachers, which will allow the children to take part in another physical activity.



# Specialised P.E. lessons with Miss Tremble

This term, Miss Tremble has been working alongside the other teachers in Key Stage 1 to deliver a range of P.E. lessons including Real P.E. and Real Gym.

In Reception, the children have covered a Real P.E. unit and a Real Gym unit including the use of the large apparatus to help improve the children's balance and coordination skills.

In Years 1 and 2 the children have covered two Real P.E. units, a Real Gym unit and a Real Dance unit.

Miss Tremble has been able to use her sporting and coaching background to make all the P.E. lessons interesting and fun meaning all the children are engaged and active in most of the lesson even if it means they have their own challenges to complete compared to other children.

Miss Tremble will continue to deliver more P.E. lessons to all classes in the Summer term.





# A Taster Session with Oliver from Premier Martial Arts in KS1

We were lucky enough to have a visit from Premier Martial Arts instructor called Oliver, who delivered a free taster session to all the children in Key Stage One.

The children had a wonderful time and showed some great martial arts skills. They also learnt about the importance of discipline, respect and how these skills are only to be used in a martial arts dojo and nowhere else, highlighting the importance of control and discipline. Some of the children also learnt how to kick a board in half and there was some super skills on show.

The children were then invited to a free session at the local Premier Martial Arts club. Several of our children took up this offer and are now attending weekly martial arts classes as a result.



# A Taster Session with a Dance instructor

This term, we have been lucky enough to have a visit from a local dance instructor from LA Performance Academy, who delivered some specific sessions to various children from each year group across Key Stage 1.

The children in Key Stage 1 had a session focusing on creative dance and had lots of fun and got creative with their dances, whilst staying active and physically fit.

A big thank you to Lucy for giving up her time to deliver these sessions across Key Stage 1 and 2, the children had a wonderful time..



# The set up of the Forest School Area ready for the Summer Term

This term, we have started to sort the Forest School area ready for the children to start their Forest School sessions in the Summer Term. The children will have these sessions with Born of the Forest and they will work with several groups one day a week focusing on many things such as cooking, den building, nature preservation and much much more.

This area will also be an area for some of our children who may need a calm area to help them regulate as well as enhancing their academic progress and creativity.

There is still a bit of work to do and some items will be ordered ready to start in the Summer Term.



## **Coming up in the Summer Term 2025**

- **Extra-Curricular Clubs**
- **Forest Schools Sessions**
  - **Sports Crew visits**
- **Sports Days (EYFS and KS1)**
- **Possible Inter-School Competitions through North Yorkshire Sport and HTAFC**
  - **Plus much much more...**