

# Saltergate Infant School



Summer Term 2024

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; Sports Club and Outdoor Athletics.
- Sports Day; Reception and Key Stage One.
- Free Taster Session from Premier Martial Arts across the Infant School.
- Specialised P.E. Lesson with Miss Tremble in Year 1.
- Visits from Year 5 and 6 Sports Leaders

# Extra-Curricular Sport Club

This term the children across Key Stage 1 have had the opportunity to take part in a sports club and Outdoor Athletics alongside HTAFC.

Each week, the children have had a great time learning new skills and rules, developing their sporting experience and skills.

These sessions also encourage the children to stay fit and healthy by taking part in sport and exercise, whilst having fun at the same time.

The children are looking forward to some new sports clubs in the Autumn Term



# Sports Day 2024

The children in KS1 and reception enjoyed their sports day on the Junior field and the infant running track taking part in lots of different activities.

These included; egg and spoon, sack race, obstacle course, races and a long run.

The children also had help from the Year 6 sports crew who supported them with the activities and showed them how to do it.

We also had help from HTAFC coach, who helped organise the children and make sure they had lots of fun.





# A Taster Session with Premier Martial Arts

We were lucky enough to have a visit from a local Martial Arts coach from Premier Martial Arts, who delivered a free taster session to all the children across the Infant and Junior School.

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.

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.

We are hoping to get Premier Martial Arts back into school at some point in the future.



# Specialised P.E. lessons with Miss Tremble

This year, Miss Tremble has continued to work in year 1 teaching P.E. The children have had a range of experiences and gone on lots of adventures using the Real P.E. platforms as well as lessons on athletics and tennis.

In Year 1, the children have worked through a two units of Real P.E. covering the cognitive and physical units.

The children have taken part in several sessions covering athletics and tennis, specifically focusing on activities ready for sports day, these included; sprints, long runs, howler throw, sack race and skipping.

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.



# Visits from Year 5 and 6 Sports Leaders

This term, the children in Reception and Year 1 have had visits from children in Years 5 and 6 who are sports leaders. The sports leaders have been working hard on the development of several new games and activities and then delivered these to the children in EYFS and KS1 at the end of each half-term.

The infant children had a wonderful time and loved working with the older children developing lots of their P.E. skills, teamwork and communication.

The children look forward to more visits from the children in the junior school in the Autumn term.





## **Coming up in the Autumn Term 2024**

- **Extra-Curricular Clubs**
- **Visits from children in the Junior School leading activities on the playground**
- **Specialised P.E. sessions with Miss Tremble**
- **Inter-school competitions and festivals through Red Kite**
  - **Various new sports visitors into school**

**Plus much much more!**