



JT/LL 06.09.18

PE Update

Dear Parents/Carers,

As we settle into the new school year, we would like you to inform you of some updates in PE.

The launch of the Daily Mile

Following the successful trialling of the Daily Mile last term in Year 5 and 6, we have made the decision to launch this across the whole school. The Daily Mile is a national initiative that is designed to promote a healthy lifestyle and to improve the wellbeing of children. Children can choose whether they walk, run or jog the Daily Mile appropriate to their needs. The Daily Mile will take place regardless of weather unless it is deemed a significant health and safety risk.

Miss Long, a Sports Specialist from Ringwood School, launched the Daily Mile this week during worship. Every child will be completing the Daily Mile 3 times a week for 15 minutes each time. This will commence for Key Stage 1 and 2 next week. Different year groups will be completing the Daily Mile at different times appropriate to their timetable. The children will complete laps of the playground under timed conditions of 15 minutes; this therefore may not necessarily be a mile. The children will run using their school shoes unless their school shoes are not deemed appropriate for running for short periods, such as ballet pumps, in which case they can change into their trainers.



KS2 Football - during break times

Previously, children in Key Stage 2 have been able to play football during lunch time. This has proven a success and will recommence on Monday. We ask that children who wish to participate bring in a pair of trainers and dark coloured tracksuit bottoms, separate to their PE kit; this is to ensure that PE kit is kept clean, especially during winter when the field is wet and muddy. The children will be able to play in mixed gender teams on a scheduled day:



- **Monday** for Year 6
- **Tuesday** for Year 5
- **Wednesday** for Year 4
- **Thursday** for Year 3
- **Fridays** will be left as a contingency day for rescheduling due to weather conditions or for children who did not get an opportunity to play on previous days due to high demand.

KS2 Intra Tournaments

Following the success of Key Stage 2 intra tournaments during Golden Time, we will be inviting adults in to watch children in Key Stage 2 take part in team sports, such as football and benchball. We believe this is an excellent way to ensure that all children have the opportunity to engage in competitive sports. We will confirm the dates of these in due course.





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PE Kit

We would like to remind you about our policy for PE kit:

- Royal blue shadow stripe shorts
- White t-shirt with/without printed school logo
- Plimsolls indoors and trainers for outdoors PE
- All children should have dark tracksuits for games in winter

Please ensure that your child has the correct PE kit in school and it is named.

PE Timetable

<u>PE DAYS</u>	Monday	Tuesday	Wed	Thursday	Friday
Foundation			Indoor		Outdoor
Year 1		Indoor		Outdoor	
Year 2		Indoor		Outdoor	
Year 3			Outdoor	Indoor	
Year 4		Outdoor		Indoor	
Year 5	Outdoor		Indoor		
Year 6			Indoor		Outdoor

Kind regards,

Jess Thompson
PE coordinator