



Garlinge Primary School & Nursery

PE, School Sport & Physical Activity News

Our Team Garlinge vision

“A chance for EVERY child to be PART of an enjoyable journey in building a healthier, stronger head, heart and hands approach to leading an active lifestyle.”

FEB 2021—Issue 19 *There has been lots happening this term both in school and at home! Well done!*

SPORTS NEWS



By Mrs Sparkes, Mr Hearn and Miss Bailey

YEAR 5 & 6 ATHLETICS TEAM RESULTS

A huge well done to the children who were in our final team for the Virtual Athletics competition last term. Your scores were entered into the County finals and you finished in an amazing 6th Place in Kent!

The top results were also entered into a National database and our School team finished in 38th place out of 881 school across the United Kingdom.

This is a fantastic achievement – well done!

Dance Competition

The Team Garlinge Dance has been a huge success this term with over 650 views already. We have had the exciting news that we have the opportunity to enter a lockdown dance festival and what better way to do this but to watch you taking part in the Team Garlinge Dance!

We are asking you all at home to visit our Team Garlinge Channel on YouTube and start learning our dance. We then ask that an adult at home can send in videos of the children dancing to pe@garlinge.kent.sch.uk.

All entries will be used to create snippets of all the videos to make our final dance video which we will enter for the competition.

We look forward to seeing your videos and remember we want you to have fun so feel free to get dressed up and most importantly enjoy yourself. Go Team Garlinge!

Lockdown Festival

This term we have been busy taking part in another competition with those children who have been able to attend school.

The Learning Discovery Festival has involved 5 activities which involve running, aiming, throwing and dribbling.

We have had over 130 pupils take part and everyone has done such a wonderful job with over 40 different teams entered.

We look forward to entering more competitions next term as well.

TEAM GARLINGE YOUTUBE CHANNEL

We are very proud of our new Team Garlinge YouTube Channel. We have some exciting videos of different activities you can do at home as well as our virtual assemblies and new videos coming soon!

Go to YouTube, search Team Garlinge Channel. Subscribe for free and give a thumbs up if you like our videos!



PE UPDATES

PE SUPERSTARS OF THE TERM

Congratulations to everyone who has done an amazing job in their PE lessons this term. It has been a tough job trying to pick one person per class but well done to this term's PE Superstars. Certificates will be with you soon!

CONTACT US

Don't forget that we would love to hear from you and receive pictures or videos of you trying the different activities at home. Email PE@garlinge.kent.sch.uk

PE AT HOME

Well done to all the children who have been staying active at home this term. We have received some fabulous pictures, videos and scoresheets from the hard work you have been doing to complete the Personal Best Challenges, our Dance routine as well as your own ideas. Well done to everyone and keep up the good work!

HEALTH & WELL BEING

Captain Sir Tom Moore 100 Active Minutes Mission

In memory of Captain Sir Tom Moore and his amazing work that he did on being active at 100 years old, our mission is for you to complete at least 100 minutes physical activity in one week during the February half term.

Remember Physical Activity is any movement which makes your body use energy. This can include walking, running, jumping, dancing and cycling to name just a few!

Can you Aspire and Persevere to complete more than 100 minutes, can you show Respect and Teamwork and get the adults that you live with to take part too?

To complete the mission, log the activity you did and how many minutes you were active. Why not use the PE team videos on our Team Garlinge Channel on YouTube as well to help you?

Please send in any videos and pictures to PE@garlinge.kent.sch.uk Good luck, have fun being active and stay safe!

Mindful Moments

Mindfulness is a type of meditation that helps us to take some time to ground ourselves to the here and now. Mindfulness is also an important part of our Well-being and gives us just a few minutes within our busy lives to focus on breathing ideas.

We are pleased to announce that we have some supporting videos for you and your family to try out, available now on our YouTube Channel.

PE



Pupils from Year 1, Year 3 and Year 5 taking part in the Personal Best Challenges and Fitness videos at home!

Follow us on Twitter @TeamGarlinge for more exciting sports news!

PERSEVERANCE-ASPIRATION-RESPECT-TEAMWORK