



Catshill First School and Nursery Sports Newsletter 1



Welcome to the first edition of the 21/22 Catshill Sports Newsletter. We hope everyone has had a fun, but active summer break and that everyone has kept safe during these strange times. Sport and exercise are vital to the health and mental-wellbeing of all children and at Catshill First School and Nursery we strive to make sure our pupils are active everyday.

The Daily Dash

The Daily Mile is a fun way to keep fit and something we enjoy doing at Catshill First School. Key Stage 1 & 2 use this during the day to allow children time to have a break and exercise.



Clubs

We will be running multiskills and drama clubs for all year groups this term.

Multi Skills- Currently 2F and 4J (followed by 1C and 3S)

Drama- Currently 2M and 4B (followed by 1L and 3FC)



Exciting Opportunities

If you would like to feature on the next edition of the Sports Newsletter please drop an epraise to Mrs Coleby. We would love to hear all about the sports that you play outside of school.



Famous Sports Star Feature



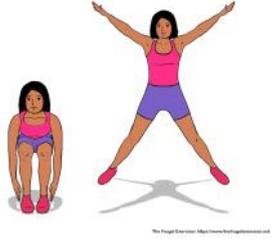
Emma Raducanu

Emma is a British professional tennis player. She is the reigning US Open champion, and the first British woman to win a Grand Slam singles title since Virginia Wade in the 1977 Wimbledon Championships. Emma started playing tennis when she was 3 Years old and turned professional at the age of 16. She said it took lots of hard work and practice to get where she has today.



Every half term, Catshill children can take part in our 'Everyone Get Active' challenge. We do this to encourage our children to be physically active for at least 30 minutes outside of school each day. Children have challenges to complete and once they have completed them you can bring their challenge sheet back into school. They will be awarded a certificate and a chance to win a sporting prize.

This half term's challenges are:

<p><u>1. Do 20 star jumps?</u></p> 	<p><u>2. Dance to your favorite song</u></p> 
<p><u>3. Hop on your right leg 10 times and then hop on your left leg 10 times.</u></p> 	<p><u>4. Draw your own hopscotch with chalk and play it for 10 minutes.</u></p> 
<p><u>5. Go for a 15 minute walk.</u></p> 	<p><u>6. Cycle on your bike or ride your scooter for 15 minutes</u></p> 