



# PE Newsletter



## INFORMATION FOR OCTOBER

### EXTRA-CURRICULAR

The extra-curricular programme has started exceptionally well this year. For example, we consistently have 30 year 7 and 8 girls at netball, 20 year 7-10 girls at dance, over 30 students of all ages at table tennis, 25 year 7 boys at basketball and 15 girls at football. This is in addition to all of the boys who play football, which adds up to approximately 100 boys in total.

### LEADERSHIP

Year 10 students are offered the opportunity to take part in leadership courses in their games lessons. So far this year, they have had the choice of Dance or Junior Sports Leadership courses. I am very pleased to say that, apart from a handful of students, all of the girls have opted to take up these opportunities. This will give them the opportunity to work with our local primary school students which is an excellent experience. We also have a number of year 10 and 11 girls who regularly come to netball training and dance club to help coach the younger students.

### SPORTING ACTIVITIES OUTSIDE OF SCHOOL

We are very interested in finding out any sports activities that our students take part in outside of school. Could you please ensure that your son/daughter informs us of any achievements / success that they have experienced in any clubs outside of school.

### INTER-HOUSE COMPETITIONS

We have recently had our first inter-house cross-country competition for the year 7 and 8 students. Results will be published shortly.

### COMING UP

**DISTRICT CROSS COUNTRY-** Thursday 13<sup>th</sup> November.

**TRAMPOLINING AND TRAMPETE FESTIVALS**