

This newsletter is based upon events, run by myself, Jenny Nash, the PE Link teacher from saltash.net, often with the support of Michelle Cooke and her very able sports leaders, for the 7 partnership primary schools—Brunel, Bishop Cornish, Burraton, St Stephens, Landulph, St Germans and Sir Robert Gefferys (SRG). This term we have had 3 High 5 Netball League Sessions, a multi sport festival, an orienteering competition and a gymnastic competition. Reports for all these are below.

Y5/6 Festival

Held back in September, this event is for year 5/6 children, hosted by saltash.net with activities led by their very able sports leaders. The sports on offer were hockey, badminton and basketball. The children stayed on the same activity for the duration of the festival with skills being learned and practised first and then put into small games. Fortunately it was a dry and sunny day and the children made new friends, had fun and learned new skills.



High 5 Netball League

This year, for the first time, all seven schools in the cluster have entered the league. It is spread over 6 sessions, with 5 of them being after school. Not all the teams come to each session, but by the end of the league in February all teams will have played each other twice. The winner of the league will qualify for the Caradon Finals in March and the winner of that will go on to the Cornwall School Games in July 2018. So far, Burraton are in pole position having not lost a match, but a couple of schools are very close to them so there is still all to play for.

Orienteering Competition.

Brunel hosted this event, with other teams from SRG, Landulph and St Stephens. A total of 15 teams of 3 children took part in 4 short events in the grounds of Brunel School. Points totalled at the end showed first place was shared by teams from SRG and St Stephens with one of the Brunel teams in second place and a Landulph team in 3rd place. The event finished just as the light was fading.

St Stephens
Winning
Team



SRG's
Winning
Team



Y3/4 Gymnastic Competition

Again, hosted by Brunel, in their lovely big hall, this competition saw teams of 5 children from Brunel, Bishop Cornish and St Stephens compete against each other in a set floor routine and a vault. The event was judged by 2 coaches from Zero Gravity, Kirsten and Indy to whom we are very grateful. It is primarily a team event so scores of all gymnasts are added together for a team total. Winners of the floor and the vault were Brunel, with the runner up of the floor being St Stephens and the runner up of the vault being Bishop Cornish. The children had to perform to a packed audience with some quiet background music and they all did so with great courage.

Brunel's
Winning
Team



Many thanks to Michelle Cooke and her Sports Leaders from saltash.net who are invaluable at all the events we hold.

We have a big problem!!!

Did you know:

- Children today are the first generation predicted to live shorter lives than their parents because of diet and inactivity
- 1 in 4 children enter primary school obese or overweight
- Over 15% of children under 3 have some dental decay
- Children should be taking part in one hour of physical activity each day, 7 days per week. Schools have been asked to provide 30 mins per day, through extra curricular clubs, active break times and active lessons, the remaining 30 mins should be provided out of school. At the moment, only 19% of children take part in an hour of physical activity each day.
- Active children are happier children, can concentrate for longer and academic attainment improves



This will impact long term—better sleep, less depression, more productivity, less absenteeism.

Can you help?

Have a lovely active Christmas

