



Whitley Lodge First School

P.E. Newsletter

Spring Term 25-26



This term, we are bringing more competitive opportunities to our younger pupils in Whitley Lodge, helping them grow in confidence and teamwork.

Through our strong PE offer, we continue to keep every child active, engaged and inspired to achieve.



Curriculum Highlights

It has been another active and engaging term of PE across the school. In Reception, children developed their fundamental movement skills through multi-skills activities, practising different ways of travelling as well as throwing, rolling and catching equipment.

KS1 pupils enjoyed learning dodgeball with Jamie Noutch from ACFC, building teamwork and coordination, alongside a new dance unit linked to their Africa topic, where they explored rhythm and movement creatively.

In KS2, pupils took part in athletics and skipping, developing their fitness, technique and perseverance. They also enjoyed orienteering sessions with Jamie, enhancing their problem-solving and teamwork skills, as well as gymnastics with Gail Robson, where they worked on balance, strength and control.

Across the school, children demonstrated great enthusiasm, determination and sportsmanship throughout their lessons. Well done to everyone for their positive attitude and effort in PE this term.

Year 2 Gymnastics Key Steps Competition

As part of our gymnastics focus, 18 Year 2 pupils proudly represented Whitley Lodge at their first Key Steps Gymnastics Competition at The Parks. The children have been practising their floor routine in lessons, developing balance, agility and control with a strong focus on performance and presentation. They showed fantastic resilience and confidence performing in front of judges and alongside other local schools. We are delighted to announce that Whitley Lodge achieved **1st place** and a team of 6 will now **represent Tyne and Wear in the Regional Finals** which will be held at RGS in June this year. A huge congratulations to all of our gymnasts — we are very proud of you.



Dance Festival

A talented team of 10 dancers performed at the Whitley Bay Playhouse in March as part of the PESSPA Dance Festival. Performing alongside 65 schools from across North Tyneside, our dancers showcased their hard work and dedication through a complex choreography inspired by this year's theme *'The Living World'*. Performing to *I'm Still Standing* by Elton John, the children impressed the audience with their confidence, enthusiasm and stage presence. They represented Whitley Lodge superbly and demonstrated fantastic teamwork and commitment throughout. We are extremely proud of their achievements and the positive way they showcased our school. True superstars in the making. Well done to all of our wonderful dancers.



Year 3 Dodgeball Festival

30 of our Year 3 pupils excelled in an exciting dodgeball festival competing against other local schools. Split into teams of ten, they competed in a variety of games including Pirates at Sea, Protect the Castles, as well as classic dodgeball. The activities challenged their throwing accuracy, teamwork and game strategies. Throughout the event, the children demonstrated great determination, sportsmanship and enthusiasm. We are very proud to share that we achieved **2nd place, finishing just one point behind the winners.**

Active Mile

Well done to all of our children at Whitley Lodge from Nursery to Year 4, who together covered an impressive 322 miles as part of the North Tyneside initiative to boost physical fitness. It was fantastic to see so many pupils taking part with enthusiasm and determination as they challenged themselves to keep moving and improve their stamina. We are hoping to beat the 20,000-mile milestone once again this year. It was also heart-warming to see the care and encouragement shown by our Year 4 children towards their Reception buddies, who always look forward to running alongside them.



Wonder League Winners

Well done to Blue Dolphins and Yellow Seals who have all enjoyed an afternoon of fun physical activities as their reward for winning the Wonder League this term. There's lots more points to win.



After School Clubs

It's safe to say both key stages have enjoyed dodgeball and football sessions with Andy Cartwright and Co. after school on Wednesdays and Thursdays. This term we will be offering the always popular football in Summer 1 and Summer Sports in Summer 2. Our lovely dance teacher Harriet from Decote Dance is expecting a baby in the coming weeks. After school dance will continue in the Autumn Term.



DECOTE DANCE



Next term....

There is plenty more to look forward to as we approach a very busy summer term. Save the date – **Sunday 14th June** – Whitley Lodge will be taking over the Junior Park Run. Details to follow. We welcome all children from Nursery to Year 4 to make it the biggest turn out ever. KS2 are excited to begin swimming lessons, as well as building their skills in tennis and cricket. Year 3 will attend the yearly cricket festival. A team of Year 3 & 4 girls have also been invited to complete in a Girls only Football Festival. Year 4 will complete their Level 1 Bikeability.

KS1 will apply their knowledge to rounders in preparation for an ACFC Festival, develop skills in kickball and skipping ahead the Year 2 competition. Reception and Nursery will continue building their gross motor skills in gymnastics and athletics. Plus, Year 2, 3 and 4 will represent our school in Athletics Festival, as well as the much anticipated re-scheduled Year 4 T1 Rugby Festival. All this amongst Sports Day, International Sports and Glow in the Dark Football Experience Days with Ben Holden .

