



Whitley Lodge First School

P.E. Newsletter

Autumn Term 25-26



Building on the energy and success of last year, we are excited to continue our active journey at Whitley Lodge. We are committed to keeping all children engaged in physical activity in a wide variety of ways. From further strengthening our PE offer to increasing opportunities to take part in competitions, festivals and sporting events across school, there truly is something for everyone.



Curriculum Highlights

It has been a lively and energetic start to the PE calendar for all pupils. In Reception, children enjoyed gymnastics with Gail Robson, developing core gross motor skills alongside opportunities to explore dance and movement using different motifs, helping to build confidence, coordination and creativity. KS1 pupils also took part in gymnastics sessions with Gail, focusing on building strength, stamina and flexibility, while developing essential multi-skills to prepare them for team games later in the year. In KS2, pupils engaged in invasion games with Jamie, including rugby and basketball, where they worked hard to develop teamwork, accuracy and speed. They also enjoyed an introduction to skipping when Gail Robinson from Skipping School visited, teaching new individual and team skills in preparation for their dedicated skipping unit next term.

Across the school, children showed great enthusiasm, effort and resilience, supporting one another and demonstrating excellent sportsmanship as they built strong foundations for the year ahead. Well done to all pupils for embracing every opportunity to learn and grow through PE.

Year 3 & 4 Cross Country Competition

A particularly successful year for Whitley Lodge at Temple Park this year. Twenty-four children from Years 3 and 4 proudly represented our school at the NSAA Cross Country Competition, taking on a tough one-mile course against runners from around 30 schools. The children showed incredible determination, resilience and teamwork and their hard work truly paid off. We are delighted to celebrate some outstanding results, including **1st place finishes for both the Year 3 and Year 4 girls**, along with **Year 3 girls 5th place** and **boys 8th and 9th place**. **Year 4 girls also took away 9th place**. Team performances across all races were also very strong with year 3 boys and girls achieving **3rd place** out of 12 and 14 schools respectively and Year 4 girls winning **1st place** and boys placing **7th** out of 16 schools. A huge well done to everyone involved. We are extremely proud of you all.



Year 3 Handball Festival

30 Year 3 children attended a festival led by Andrew Cartwright FC at Marine Park First School to practice their invasion game skills and promote a sense of teamwork in a competitive environment. Children played in teams of 7 or 8, taking turns to substitute in 5-a-side games against 2 other local schools. The children showed huge courage and resilience in their matches as well as superb sportsmanship, supporting not only our teams but everyone competing.



Santa Dash

There was a real buzz of festive excitement at Whitley Lodge last Friday as the whole school took part in the nationwide Santa Dash. From Nursery through to Year 4, children got active in true Christmas style, starting the morning by creating their own Santa hats before heading out for a mile run. A particularly special highlight was seeing the kindness and support shown by our Year 4 pupils as they ran alongside their Reception buddies. It was a wonderful morning filled with smiles, teamwork and festive fun. A fantastic time was had by all. 🎅 🎄

WOW Living Streets

There has been a fantastic uptake in our initiative to promote active travel to and from school. It has been lovely seeing so many proud faces as they received their first WOW badge. In November, we recorded 79% of journeys being active. So far in December, we have topped that by recording 89%. That puts us 2nd in our local area compared with other schools who take part. Let's keep it up Whitley Lodge.



Sports Leaders

We have continued to enhance our playtime provision to ensure children remain active, engaged and have fun. Sports Leaders have been selected from Year 1 to Year 4 to represent their classes, setting excellent examples and sharing ideas to help further develop our PE offer across the school. They have also done an exemplary job supporting and leading whole-school initiatives. We are very proud of their contributions.



Wonder League Winners

Well done to Green Seahorses and Orange Starfish 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 handball and multi sports sessions with Andy Cartwright and Co. after school on Wednesdays and Thursdays. This term we will be offering dodgeball in Spring 1 and football in Spring 2. Year 4 will also have the opportunity to attend dance after school club with Jo from Decote Dance on a Tuesday in preparation for the Dance Festival.



DECOTE DANCE

SCHOOL GAMES

DANCE FESTIVAL

Next term....

There is plenty to look forward to as we move into the spring term. KS1 will continue developing their gymnastics skills with Gail Robson, focusing on floor routines in preparation for their first School Games Gymnastics Competition in February, where 36 children will represent the school. Year 4 pupils will also put their rugby skills to the test at a festival against local schools, led by Andrew Cartwright and his team. Year 2 will take part in skipping training with Gail Robinson from Skipping School, learning new skills ahead of the summer Skipping Festival. We are also very excited for the much-anticipated Dance Festival at Whitley Bay Playhouse in March, where our Year 4 pupils will perform their choreography alongside many first, middle and high schools from the local area. We can't wait to see Whitley Lodge shine. I'm sure we will be blown away.

SKIPPING SCHOOL