



LOUGHTON CURRICULUM: PHYSICAL EDUCATION



Welcome to the latest edition of the Loughton curriculum newsletter on physical education. The children have been engaging in a variety of different topics so far this year and have worked extremely hard too! We are now looking forward to the Summer Term and starting new sporting topics.

AUTUMN TERM

The children started the year off with their cross country and health and fitness topic which was rounded off with our annual cross country house festival. The whole school then participated in gymnastics/dance/self defence and yoga for their indoor PE lessons and a range of endball/basketball/netball and football for their games lessons.

SPRING TERM

This term across all year groups the children have participated in hockey and tag rugby with a focus of dribbling, control and passing. These two topics require a lot of skill to master and they have performed to a very high standard! We are currently starting our new Outdoor Adventurous Activities topic where they will be exploring a variety of different activities. This will include map reading, problem solving, team work and different challenges!

SUMMER TERM

Summer term will see our children take part in a range of different sports again. This will include, Athletics, cricket, rounders and for our year 6's volleyball. We will end the year with our sports day too which we are very much looking forward to once again.



AN INSPIRATIONAL SPORTS PERSON

Leah Williamson is a local footballer who was born in Milton Keynes. Leah is currently captain of Arsenal Ladies FC and of course our England Lionesses. Leah lead England to the famous Euro's win in 2022. Leah attended Portfields primary school and Ousedale Secondary school in Milton Keynes and during this time signed for Arsenal. Since then she has dedicated her life to becoming one of the most recognised women's footballers and a role model for all.



LOUGHTON CURRICULUM: PHYSICAL EDUCATION (PART 2)

Enrichment session

Last term our children participated in a dance workshop for our PE enrichment. Each class had a different dance theme to learn for an hour and then at the end of the day the classes came together to watch all the performances! A really fun day for all involved.

PE challenges

There are plenty of activities you can do at home, inside or outside for PE! Over the Easter holidays can you see how many of the following you can do:

- Can you create either an indoor or outdoor obstacle course using different bits of household equipment of anything you think will be fun to use!
- See if you can do 30-60 minutes of exercise a day. This could be a walk, jog, bike ride, just dance videos on youtube, playing at the park or anything else you may be able to think of to keep active!
- Create a sporting quiz which you could play with family or friends!
- Create a sporting poster of your favourite sport or sports person.

Useful websites:

Please click [here](#) to see the PE and sports section of the Loughton School website.



2024-2025 Sporting Results/News

- Year 5/6 girls netball finals 6th place
- Whole school ultra - large cross country championships - 3rd place
- Year 5/6 boys plate football final - 1st place
- Year 6 doubles badminton finals - 4th place
- Year 5/6 tag rugby league winners and 5th place in the overall finals
- Year 3/4 boys football plate finals - 5th place
- So far this year we have had 280 children represent school across a range of sports and we have attended over 75 competitions/fixtures - A huge well done to everyone involved so far!