

# PE at Sunning Hill

Autumn Term 2023

## Curriculum PE

This Autumn, we have got PE off to a great start! In PE, Early Years have been enjoying their introduction to PE. The rest of the school have completed their first dance and gymnastics units.

Years 1,2 and 3 have also been practising their fundamental PE and ball skills. The rest of KS2 have taken part in Yoga, dodgeball and swimming lessons.



## Extra Curricular Sport

During the Autumn term, Sunning Hill have taken part in several sporting after school activities, including football and cross country competitions. This has given the children the opportunity to take part in team and individual sports. Children had the opportunity to develop their teamwork and sportsmanship skills.



We were also visited by paralympic athlete Micheal Churm. He helped the children to think of different ways to keep active and develop a positive attitude towards physical education. The children raised over £550, which we were then able to spend on sports equipment for the children to use at playtime.



## Positive Mental Wellbeing

At Sunning Hill we have been teaching our children the importance of looking after our mental health and well being. Your child participates in daily meditation sessions after lunch. They are aware that this benefits them in lots of ways, for example: helping them to stay calm and focussed, it can help us to feel more positive and optimistic, it encourages us to be kinder to ourselves and give us time to reflect and show gratitude. Why not try some daily meditation at home as a family!

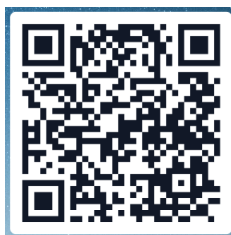


Follow the links or use the QR code for ideas of how to use mindfulness, meditation and gratitude practise at home.

[Cosmic Kids Yoga - YouTube](#)

[The Mindfulness Teacher - YouTube](#)

[Mindfulness for Kids - Mindful](#)



Not only does walking improve your physical and mental health, it's free, easy and convenient too. The children usually have two hours of PE a week and we encourage them to try and stay active during the holidays as well.

There are some beautiful parks, reservoirs and walks to visit in Bolton. Use the links below to find trails and explore the outdoors in the Bolton area.

[Best Child-friendly Trails in Bolton | AllTrails](#)

[7 Family walks | Bolton and surrounding areas - Kickstarterz Sports](#)

