

Bike it

Journey to Lapland: In the month of December the children were set a fun and exciting adventure to travel either on bike, scooter or walk to school for two weeks. For each day they cycled, scooted or walked, the children received a stamp to say they completed that part of the journey and were one-step closer to Lapland. After two fantastic weeks of the children traveling to school safely, they earned a certificate. The children that scooted or biked to school were given a snazzy snap band to put on their bike, scooter or wrist.

Ryan's statement: "Journey to Lapland challenge In December, six schools took part in an active travel challenge designed to keep children walking, cycling and scooting through the winter. Each time they travelled actively to school, children could tick off a new destination in their log book, taking them from Plymouth to Lapland. Nearly 400 pupils from College Road, Holy Cross, Beachwood, Drake, St. Andrew's and Shakespeare completed their log books and will be awarded a certificate for continuing to travel actively despite the winter weather"

Dr Bike: This was a brilliant opportunity and chance for the children to ride or scoot to school and talk to Ryan and Claire about anything that might need some TLC on their bike or scooter. Each class took their bikes to the quad, where Ryan and Claire made their bikes or scooters safe for the children to ride to school. Ryan and Claire worked very hard to get the bikes up and running and did an amazing job to get through 23 bikes and scooters. This has now allowed the children to feel confident in their bike/scooter, wearing the appropriate safety wear and reflective clothing. In turn this will make the community a safer place with young people equipped to ride on the road/ pavement.

Wheelie Wednesday: Every Wednesday for the last 4 weeks we have encouraged the children to ride, scoot or walk to school making sure they are safe and wearing all the necessary protective gear and reflective wear. Then, at registration, the teachers will ask the pupils how they travelled to school, each week is totalled up and at the end of the term the class with the most points will be awarded a prize. This also helps us see who is walking/riding to school and allows us to see who needs some encouragement.

Smoothie bike: The smoothie bike was very successful! Every class got the chance to see what went in to making the smoothie. They soon found out they would have to put the effort in to make the smoothie machine work. Ryan and Miss Samphier loaded up all kinds of lovely fruits and the children had the challenge of getting up on the bike and pedalling until the fruit had become a smoothie drink. Not only did the children get some of their vital 5-a-day, they also got a couple of minutes of exercise. The children were thrilled that they could do both at once. Ryan also spoke about the importance of having a balanced diet and not only to have fruit and veg you need other foods to make sure you stay fit and healthy, the children told Ryan what you needed in your diet and ways of staying active.

Welcome to our PE page!

Here you can read about what we have been doing in PE!

Friday Challenge

Every Friday, one of the P.E leaders decide on a game to be played at lunchtime. That child gets the opportunity to set up and run the game independently for the whole school to take part in. It could be a multi skills style team game or an individual activity like a penalty shootout.

Allotment News

Each term Miss Samphier takes a number of children from each class out to the allotment. They have been busy doing the weeding and clearing out the allotment so that it is ready to go when the time is right. The colder weather has also given them the opportunity to discuss and decide what they would like to grow as the weather gets warmer. They have also been focusing their efforts on the flower beds that surround the Quad and getting them ready for a new crop of flowers.

We are incredibly grateful for all the lovely gardening done by one of our volunteers. In her own time, she has helped transform the garden by growing flowers and vegetables.

Bike It Crew News

To try and promote a healthy lifestyle for all of our children, our bike it crew have come up with some ideas on how we can travel to school more sustainably. At College Road we encourage the children to participate in "Wheelite Wednesday". This is when the children come to school every Wednesday on their bikes or scooters. The children can earn house points and catch me tickets for taking part.

Clubs

We have lots of exciting sport and health clubs available this term to children across the school.

These clubs include:-

Fitness blast – A circuit based fitness routine, where the children move around to different stations. At each station is a different work out, for example a push up, plank, squat etc.

Marathon club – Each week we have 30+ children completing a mile every Friday, they have to run 12 times around the playground to make sure this mile is achieved. Mrs Coy and Miss Samphier try to make this fun and exciting so the children reach their goal each week.

Cricket – This club is offered to children in years 4, 5 & 6 who show great potential in cricket. This club is designed to really challenge these children and to help make them better cricket players. The children train for competitions against schools from all over the south west.

Let's Cook Healthy – This is a healthy eating club where children learn to make various different healthy meals. The idea is that they take the recipe home and make it again with their parents.

Rounder's – This club is offered in the summer term. The children will learn the basics of how to play and then have matches against each other.

Fun with sport club/ Friday challenge –The new Fun with Sport after school club is up and running and we are back with some brilliant ideas for Friday challenge. Each week in the club we come up with new games for the children to play. They write down the rules on how to play the game and work out which equipment they will need. Once this has been done, they make a poster that is hung up around the school for all to see. We are then able to practice the games they have come up with ready for the next day. The children from the club run the games they came up with the day before. They have a notepad and pen ready to keep score. At one o'clock, the children find the Friday challenge leaders and ask them if they can play.

We have had games such as basketball, super shot, hula-hoop challenge and penalty shoot-out.

PE Homework – Every week I will be talking to the children about where different muscles and bones are in the body. The following week I will ask the children where those bones and muscles are, to check they can remember.

Skipping at lunch time – This club is for those children who love to skip and want to get better. Each week they write down their score and see if they can improve this is a great challenge for them as with great determination they can achieve this!

Bike it

Another year another Dr Bike. Ryan Evans came and taught the children how to make sure their bikes are safe for the roads.

We even taught one of the children how to ride their bike without stabilisers... how amazing.



Athletics

For some of these children it was the first time they had competed in a competition but we had done some training before the events so they knew what they had to do. Every single one of the children tried their hardest and they had a lot of fun. With a bit more training, hard work and more competitions, the children will be a tough contender with some of the big schools.



The football boys getting ready for SDCC year 5 and 6 football tournament we came 4th the boys played great and what lovely weather we had. In the picture you can see the boys stretching ready for the many matches we had that day.



Gymnastics with foundation

They are doing a tuck shape here. They know all of the shapes and can do them without us showing them first. 😊 This is a bridge, the foundation children were really good at holding these.





We had an amazing be safe
be seen morning with Ryan
Evans

He taught the children why it
is important to be seen at
night if they are walking
home or riding their bike. He
showed the children an all-
black outfit with nothing
reflective and we turned off
the lights so that the children
could see (or not see) Ryan.
He then explained that you
need to find anything with
bright or reflective material.
It was easier to see when a
light was shined on it. This is
going to help people to see
you when you are riding
around in the dark.

Bike day with year 4 and year
5



Healthy Eating



Year 1 and 2 multi skills

16 children from year 1 and 2 were chosen to take part in a multi skills event at SDCC where they got to have a go at a range of different activities. The day was based around having fun and taking part. All of the children received a certificate for taking part and showing great determination for some of the tricky activities.

Elwood
Zac
Max c
Layton
Mason
Riley
Frazier
Frankie q
Sapphire
Adiba
Ellie
Scarlett stringer
Sidney
Scarlett h
Harley Quinn
Casey f



Gardening

Allotment news:

We have recently harvested pumpkins, raspberries & apples, which the children have grown. They have given these to Ali in the kitchen to use in our yummy school lunches. The children have been watching the tomatoes grow as well as watering and taking care of them.



Bronze ambassador

- The Young Ambassador, Leadership Academy & School Games programmes are part of a national initiative designed to promote the Olympics/Paralympic values, physical education, the school games & school competition and school sport.
- The conference is aimed at year 5/6 primary students who have the dedication, attributes & skills necessary to become your schools leadership academy (School Games Organising Crew)

Students who attend the conference are expected to be;

- a) An ambassador & role model advocating PE & School Sport
- b) Promote the positive values of sport (Olympic/Paralympic Values & School Games Values)
- c) Deliver a Level 1 Intra House School Games Competition
- d) Set up & run a Change 4 life club to a targeted group of students
- e) Help deliver break & lunch time activity
- f) Chair, organise & run your schools School Organising Games Crew

