

A SPOTLIGHT ON PE AT RADDLEBARN



Welcome to the PE newsletter for the 23-24 school year and what a year it's been!

Coverage: dance - cricket - rounders - hockey - gymnastics - volleyball - dance - HEN - REP - multi-skills - tag-rugby - netball - dodgeball - handball - football - badminton - orienteering - basketball - tri-golf - athletics - rounders - lacrosse - tennis - swimming

Our children have played and competed in an incredible 24 sports and activities this year!

CURRICULUM

The PE we deliver should *'inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.'*

Behind the scenes, the teachers at Raddlebarn work hard to plan their PE lessons and moving into the next school year we will be teaching from the online scheme 'PE HUB'.

OPAL (Outdoor Play and Learning)

In April the new and improved lunch time activities were launched.

The activities promote children's gross and fine motor skills, creative problem solving and team work and they are having such a lot of fun in the playground!

SPORTS CLUBS

We will let you know which sports clubs will be running next year in the new term! Keep your eyes peeled! *If you want to volunteer to bring sport to our school please get in touch.*

SWIMMING & WATER SAFETY

Swimming is an essential life skill that our children get the chance to learn in school but we encourage all families to practice as much as possible!

Casual Swimming Prices at Birmingham leisure centres:

Adult: £6.30, Junior: £4.10, Family: £17.00
Child: free for under 16s with PTL



KEEPING HEALTHY THROUGH THE SUMMER HOLIDAYS...

Cannon Hill **park run** is a FREE 5k event every Saturday at 9am, run or walk and have some fun.

Please register here [register | parkrun UK](#)

Birmingham has many beautiful parks but one of my favourites is **Highbury park** which has updated and improved its Orchard area with some lovely hands on sensory activities.



Cocksmoors Leisure Centre has a variety of **sports clubs**; 'Holiday club' with crafts, arts and inflatable obstacle course, family splash & swim is available every day, soft play & inflatable play sessions and intensive swim lessons.

Check online for prices and to book call 0121 516 5641.

The unstoppable Digbeth Dining Club are online! Check out their YouTube channel for a variety of delicious recipes to cook at home.

[Digbeth Dining Club - YouTube](#)



The **Olympics** 26th July - 11th August, I'm sure we'll all be inspired by our team GB sports people as we watch on TV or if you're lucky enough to attend! Then the incredible sports people who are the **Paralympians** will be competing 23rd August – 8th September.

Cricket 100 at Edgbaston. Our brilliant team, the Phoenix, are playing at home on Saturday 3rd, Tuesday 6th, Monday 12th and Thursday 15th August.

Download the app to search for tickets.



SUMMER MULTI SPORTS CAMP



MONDAY 29TH JULY - FRIDAY 2ND AUGUST
9AM - 3PM EACH DAY

AGE 5 TO 13
FREE OF CHARGE

Coached by Birmingham Moseley community coaches
 All players will need a packed lunch and refillable drink

FOR BOOKING DETAILS PLEASE SCAN THE QR CODE:



Birmingham Moseley Rugby Club,
 Billesley Common, Yardley Wood Road,
 Birmingham, B13 0HN



MOSELEY'S WOMENS/GIRLS CRICKET

FREE

ECB TRAINED FEMALE COACH

WHEN: Every Saturday Starting The 6th July
 TIME: 10am - 11am
 LOCATION: Moseley Cricket Club

contact number - 07473 074608
 email address - sohail499@hotmail.com

National Trust

Are you ready for a **Summer of Play** at the National Trust?

Sponsored by Starling Bank

SUMMER HOLIDAYS ACTIVITIES AT MIDLAND SAILING CLUB

WE OFFER:

- Holiday Club: £40 per day
- RYA - OnBoard: £15 - 2 hours
- RYA Sailing Courses: £250 - 4 days

MORE INFORMATION

<https://www.sailbirmingham.com/>

1cknield Port Road, Birmingham B16 0AA

ONBOARD RYA

6 HEALTHY CHALLENGES IN 6 WEEKS!!!

1: Mental health – make a gratitude list.

As we wrap up another school year look back and list some of your achievements and list some of the good things that you've experienced.



2: Healthy inside and out

Cooking with fresh ingredients will give you energy to grow and play. How many different fruits and vegetables can you eat in one week?

3: Healthy environment.

Did you know Birmingham has 591 parks? Go and stretch your legs and explore one (or two or ten!) of them.



4: Health and safety

Swimming isn't just fun, it's a life skill to keep you safe around water. If you're at home or on holiday, pull on your goggles and go for a swim.

5: Healthy us

Pick a team game and have some fun. This could be football, chase, cricket, maybe you'll be inspired by the Olympics! Or choose a board game or a game of cards, I LOVE a game of uno.



6: Healthy YOU

Set your own personal challenge! Maybe you want to finally learn how to ride your bike? Or learn a new game? Or teach your favourite sport to an aunty? What can you achieve if you really try?

Make you make yourself a medal when you reach your goal.