

# Abbey Park Federation PE Newsletter Autumn 1

Welcome to the Abbey Park Federation Newsletter. After heading PE for the First School I am now heading PE across the Federation and so welcome, Middle School parents, to the new Federation PE newsletter. This comes out half termly on the App to give you a bit of insight into PE across Abbey Park.

We have got off to a flying start this year with visits from an Olympic athlete, three out of school sporting events, swimming lessons and a continuation of PE lessons with a big push on fitness to brush off the cobwebs.

## **Rebecca Redfern:**

On Thursday 26th September we were honoured to receive a visit from Rebecca Redfern, Paralympic Gold Medallist, who came in to talk to the Federation about her life and achievements. She talked about her disability and how she refused to let it stop her from following her dreams. She brought her Rio and Tokyo Silver medals and her Paris Gold medal with her for the children to see up close, and some even had chance to hold them!



## **Tag Rugby:**

On 14th October 8 Year 5/6 children went to Bowbrook School to take part in a tag rugby festival. It wasn't competitive, but it was an opportunity to experience the sport and have a go at playing the game against other schools. We all had a fab time, even if it was a little muddy, and we had the chance to try something new.





### **Cross Country:**

On 15th October 10 children across Years 5, 6 and 7 went to Prince Henry's High School to represent Abbey Park at the district cross country. Even though there were not that many of us, we performed incredibly with 4 of us qualifying for the next round! We await the invite and date for that, but we are incredibly proud of all the children who took part and look forward to competing again.



### **Multi-sports:**

On 23rd October 10 Year 2/3 children went to St Barnabas School to take part in a multi-skills festival. This is for children that have not had the opportunity to take part in out of school sporting events in the past, and to be exposed to some different sports that they may find fun. It was a huge success all round as you can see from the photos.



### **Other news:**

Please can you keep your eyes peeled towards the start of next term for our new club offer. There will be lots of information about how clubs will look at the start of Spring term and I will host an information assembly for the children.

### **Lessons:**

