

Curriculum Update

This edition is all about **PE**

What does primary PE look like?

You might hear PE spoken about frequently but have you ever wondered what the subject really involves?

Throughout their time at Acomb, children will participate in many different activities, building and developing their confidence and skill.

These include gymnastics, dance, athletics, fitness, football, tennis, hockey, cricket, rounders, invasion games and outdoors adventurous activities (which includes team building exercises and orienteering).

We also try to broaden children's experiences of sport and have run trips to Hull City AFC, York Country Cricket Club, Old Trafford to watch a Europa League fixture and, most recently, a trip to Elland Road to see England Lionesses vs Netherlands.

Play leaders

It has been lovely to see how the School Council has become involved with lunch times, acting as play leaders and supporting the Key Stage 1 children to play new games. Skipping, hopscotch, large board games and other imaginative play has all been enjoyed.

Active travel

We have a real commitment to active travel at Acomb Primary School.

Did you know that we have two 'Park and Stride' facilities that you can use to make your commute to school easier? These can be found at the Church of the Latter Day Saints, at the top of West Bank, and the York RI, just off Hamilton Drive.

Please continue to support us in our mission to make our school commutes healthier and safer. You may have seen the recent, parent-led, campaign to improve the road safety on Acomb Road. Read more at:

<https://www.yorkpress.co.uk/news/23359993.acomb-parents-road-safety-protest-acomb-school-york/>

Please continue to support us in making our school journey safer.

North Yorkshire Sport 



Sport in York!

There are so many opportunities to be involved in sport in York, even in our local community!

We are incredibly lucky to be a part of the York School Sports Network, run out of York High, who help coordinate and organise fixtures and leagues.

This allows us to compete in events like the school football competition and gives us early access to exciting events like the Brownlee Triathlon – keep your eyes peeled for more information.

Did you know?

There are many ways in which you can encourage your child to be active at home! Click on the links below to be taken to a fun and active activity that the whole family can enjoy!

- **The Body Coach** – HIIT circuits aimed at children (varying lengths) - <https://www.youtube.com/user/thebodycoach1>
- **Cosmic Kids Yoga** – yoga classes with kid friendly themes (varying lengths) - <https://www.youtube.com/user/CosmicKidsYoga>
- **Just Dance** – movement based routines set to music - <https://www.youtube.com/channel/UC0Vlhde7N5uGDIFXXWWEbFQ>