

KING INA



CHURCH OF ENGLAND ACADEMY

KING INA'S SPORTY NEWS



SPRING TERM 1 SPORTS CLUBS

Monday

Club: **Dodgeball (All Years)**

Time: 3.15 – 4.15pm

Tuesday

Club: **Year 3/4 Football**

Time: Lunchtime

Club: **Year 5/6 Netball**

Time: Lunchtime

Wednesday

Club: **Cross Country (All years)** Time: Lunchtime

Club: **Year 3/4 Football**
3.15 – 4.15pm

Club: **Mindfulness & Yoga** 3.15 – 4.15pm

Thursday

Club: **Year 5/6 Tag**

Rugby Time: Lunchtime

Club: **Year 3/4 Netball**

Time: Lunchtime

Club: **Gymnastics**

3.15 – 4.15pm

Welcome to King Ina's Spring Sports Newsletter

After a nice, relaxing Christmas holiday, we got back into our sporting activities this term. Our Sports Captains are enjoying their roles and lots of new children are attending our after school dodgeball, year 3/4 football and gymnastics clubs. The staff also did some rowing this term!

Mindfulness and Yoga Club



Several of our children have been enjoying learning about relaxation techniques in Mrs Chorley's classes.

School Games Gold Award



For the third year running, King Ina have been awarded a School Games Gold Award for our commitment to PE & competitive sport. Amelia, Archie & Maddie proudly show off our plaque.

Hambridge Cross Country



A super effort by our cross country team at Hambridge with some children running for the first time including Caitlyn who came third in her first race! Well done team.



Our House Sports Captains



Vikings



Romans



Celts



Saxons





Lunchtime Activities with the Sports Captains

As well as helping Mr Smith with lunchtime clubs, the Sports Captains are now leading their own activities at lunchtimes on the playground.



Niamh, Iris & Amelia lead a game of 'Endzone'

Healthy Lifestyles

Our Healthy Lifestyles group have been working with Mr Pantelli on the importance of health and fitness and have spent time in the school kitchen with Linda & Gosia making healthy pizzas.



Year 5/6 CLP Hockey Tournament



Well done to both our teams for their committed play and excellent sportsmanship at the CLP Hockey Tournament at Huish Academy. We all really enjoyed ourselves and improved as the tournament went on.

Charity Rowathon

The teachers did some fitness this term, all in aid of a good cause. They rowed 35,000 metres for St Margaret's Hospice, a charity which is very important to the school.



Charlie's Sports Profile

Year: 3

Class: Harriers

Club: Strode Swimming

What does he enjoy about it?: "It gets me out of bed and it's good exercise."

Year 5/6 CLP Basketball Tournament



Well done to our basketball team who competed at the CLP tournament at Huish Leisure.

Amelia's Sports Profile

Year: 5

Class: Buzzards

Club: Millfield Swimming

What does she enjoy about it?: "I like it because it makes me feel free."