

PE AND SPORTS UPDATE

A HALF TERMLY UPDATE OF ALL TEAM
SELWYN'S PE AND SPORTING
ACTIVITIES.



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FOOTBALL - YEAR 5/6 GIRLS

FRIDAY 29TH SEPTEMBER 2023

VENUE: MEMORIAL PARK

Opponents:

Group A

North Beckton

Earlham

Gainsborough

**The girls finished 3rd!
Way to go Team Selwyn...**

5S

Teja

Fatima

Parishi

Khadeeja

5F

Zaybah

Aysha

Habeeba

6H

Rayan

Kimberley

Ya Qi

Alia

Maryam

Deena



FOOTBALL - YEAR 3/4 BOYS

FRIDAY 13TH OCTOBER 2023

VENUE: MEMORIAL PARK

Opponents:

Group c

North Beckton

Earlham

Gainsborough

**The boys finished 2nd!
Way to go Team Selwyn...**

4R

Musa

Jahvari

Rigels

Yakub

Ayaan Khan

Ahnaf

3D

Leny

4C

Aydeen

Stanislav

Aadam

Ruben

Chadi

Muhammed

Abdullah

3C

Yaqoob

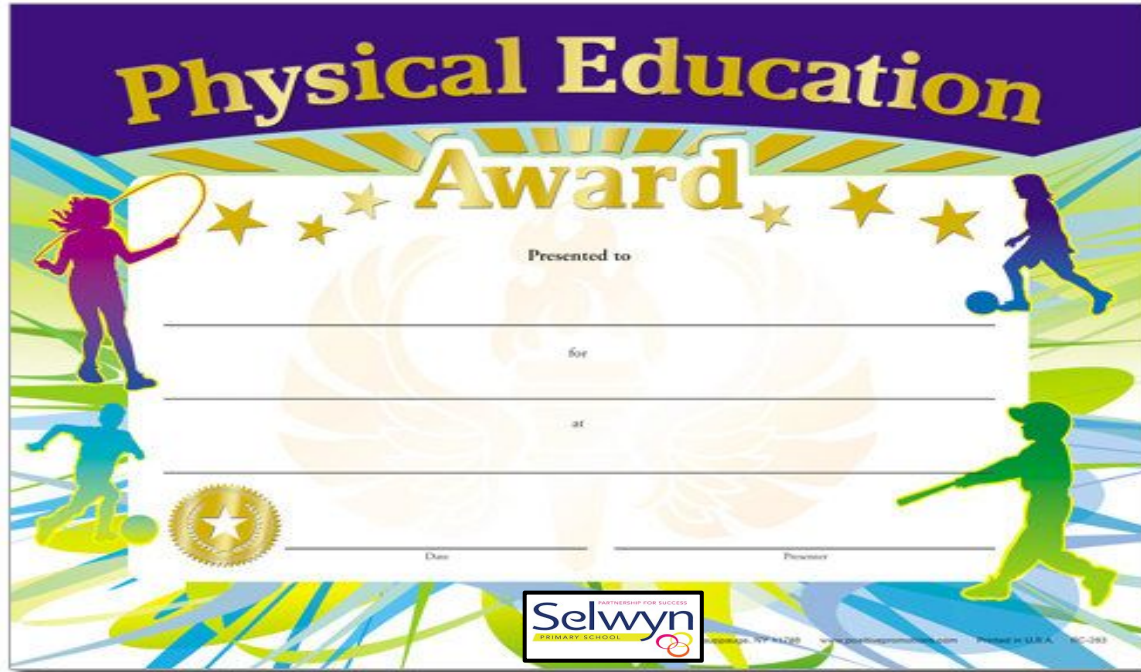


**WELL DONE TO EVERYONE WHO TOOK PART IN A
COMPETITION, FESTIVAL OR SWIMMING LESSONS THIS
TERM. YOU'VE DONE US PROUD...**



GO TEAM SELWYN!

PE awards



Personal Skills

- Staying safe
- Growth mindset
- Setting goals
- Attitudes and actions
- Challenging yourself

We will send a special video to give out some PE awards. There will be an award for people that shown some of the outstanding PE skills but there will also be an award for people who shown the great personal skills.

MR. BAILEY'S P.E AWARD

Reya RA

Oscar RGM

Faith 1D

Aymen 2M

Rayan B 3C

Safoorah 4C

Hishaam 5F

Fayis 6H



PERSONAL SKILLS P.E AWARD



- Staying safe
- Growth mindset
- Setting goals
- Challenging yourself

Omar 1B

Aimma 2L

Ola 3D

Abuzar 4R

Khadeeja 5S

Ethan 6B

Time to say hello to our Autumn Sports Leaders!

2L	2D
Mya	Khalid
Mikaeel	Inaaya
3D	3C
Sheza	Aiden
Ashfaq	Teja
4C	4R
Bareera	Jessica
Ruben	Julia
5F	5S
Adam	Teja
Melissa	Isa
6B	6H
Azaan	Alia
Bushra	Zaid

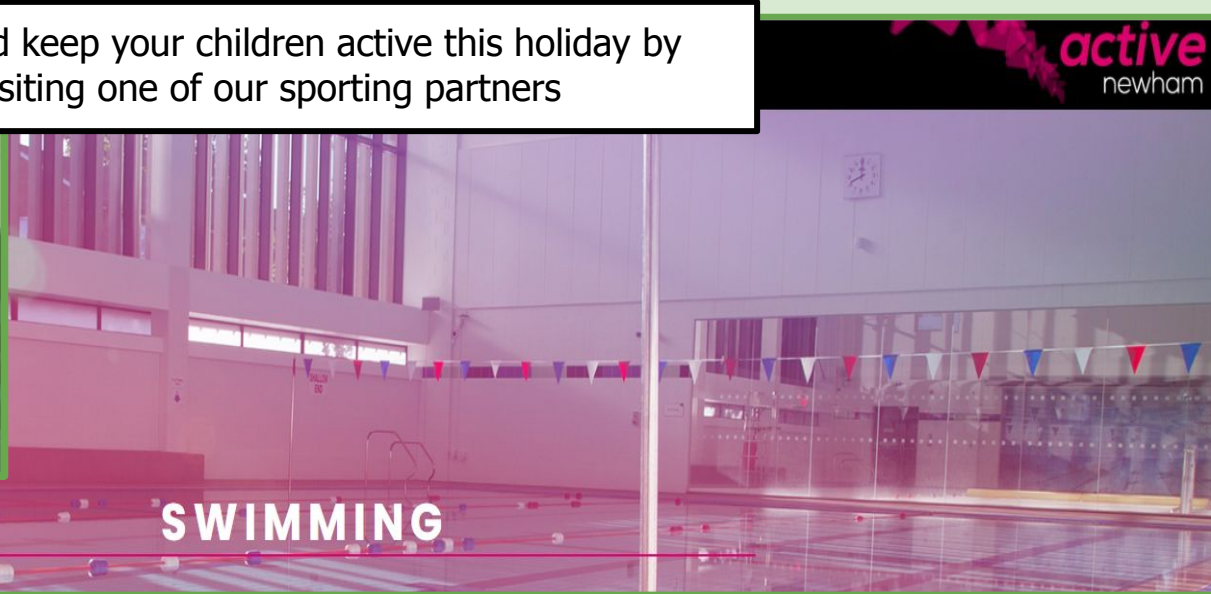


- Help organise games
- Look after the equipment
- Help buy new equipment
- Weekly meetings with the PE team

Keep an eye out for them during break and lunch times...

You could keep your children active this holiday by visiting one of our sporting partners

active
newham



SWIMMING

Swimming is a healthy activity for all ages and abilities.

This is why, in partnership with Newham Council, Atherton Leisure Centre offers

free swimming sessions

to all Newham residents over the age of 60 and under the age of 16.

Please call **0300 124 0123** for up to date scheduling after 17:00 Monday to Friday and all day Saturday and Sunday.

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INTENSIVE SWIMMING LESSONS

Join us this Half Term for crash course lessons for all stages from Ducklings (3 ½ years) through to Stage 7 (5 years +) and adults.

Dates: Monday 23rd October - Friday 27th October

Length: 30 minutes per day for children
45 minutes per day for adults

Cost: £30 for children

£40.50 for adults

£22 for concession

Location: Atherton, East Ham & Newham Leisure Centres

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Youth Badminton

Friday, 3.30- 4.30pm

Newham Leisure Centre
281 Prince Regents Lane | Plaistow | London | E13

activeNewham are offering weekly FREE Badminton sessions for young people aged between 10-14 years.

CONTACT/ BOOKING INFORMATION

Sports@activeNewham.org.uk

07741 293506

<https://tinyurl.com/CYPBadminton>



Active Newham
@aNewham1
@aNewham

active
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FREE

Basketball

Monday, 5-6pm

Stratford Park

West Ham Lane | Stratford | East London | E15 4PT

activeNewham are delivering FREE Basketball sessions for young people.

CONTACT/ BOOKING INFORMATION

Sports@activeNewham.org.uk

07741 293506

<https://tinyurl.com/BasketballStratford>

Active Newham
@AN_sport_team
@activenewhamsports

active
newham



Table Tennis

Tuesdays, 3.30-5.00pm

Beckton Globe Youth Zone
Kingsford Way | Beckton | London | E6 5JQ

activeNewham is working in partnership with Beckton Globe Youth Zone to deliver FREE Table Tennis sessions for young people.

CONTACT/ BOOKING INFORMATION

Sports@activeNewham.org.uk

07741 293506

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@aNewham

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FREE

Football

Friday, 4-5.30pm

Warrior Square MUGA
Manor Park | London | E12 5NN

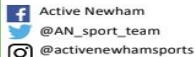
activeNewham are delivering some FREE Football sessions for young people in Manor Park.

CONTACT/ BOOKING INFORMATION

Sports@activeNewham.org.uk

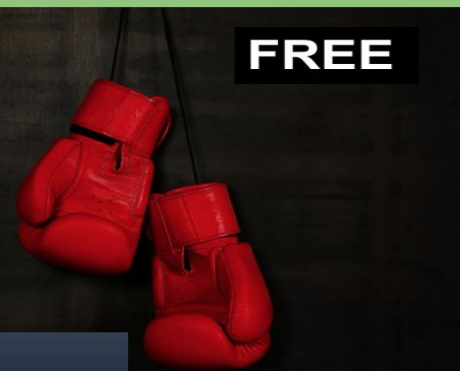
07741 293506

<https://tinyurl.com/FootballMP>



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Newham London



FREE

Boxing

Tuesday, 4.30-5.30pm

MBOX, Railway Arches
438 Cranmer Road | Forest Gate | London | E7 0JN

activeNewham are working in partnership with MBOX to deliver some FREE Boxing sessions for young people in Forest Gate.

CONTACT/ BOOKING INFORMATION

Sports@activeNewham.org.uk

07741 293506

<https://tinyurl.com/BoxingCYP>



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Newham London

AUTUMN 2 OVERVIEW - SOCIAL DEVELOPMENT

		RECEPTION	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
FUNDAMENTALS		<ol style="list-style-type: none"> 1. STATIC BALANCE - SEATED 2. DYNAMIC BALANCE TO AGILITY 	<ol style="list-style-type: none"> 1. STATIC BALANCE - SEATED 2. DYNAMIC BALANCE TO AGILITY 	<ol style="list-style-type: none"> 1. STATIC BALANCE - SEATED 2. DYNAMIC BALANCE TO AGILITY 	<ol style="list-style-type: none"> 1. STATIC BALANCE - SEATED 2. DYNAMIC BALANCE TO AGILITY 	<ol style="list-style-type: none"> 1. STATIC BALANCE - SEATED 2. DYNAMIC BALANCE TO AGILITY 	<ol style="list-style-type: none"> 1. DYNAMIC BALANCE - ON A LINE 2. COUNTER BALANCE 	<ol style="list-style-type: none"> 1. DYNAMIC BALANCE - ON A LINE 2. COUNTER BALANCE
SPORT/GAME SPECIFIC		GYMNASTICS	GYMNASTICS	GYMNASTICS	DANCE	GYMNASTICS	DANCE	GYMNASTICS
WHOLE CHILD FOCUS	IN LESSONS WE WILL BE LEARNING TO...	PLAY WITH OTHERS	HELP AND ENCOURAGE OTHERS	UNDERSTAND OTHERS	WORK WELL WITH OTHERS	ORGANISE AND GUIDE OTHERS	IMPROVE OTHERS	LEAD OTHERS
	IN CLASS WE WILL BE LEARNING ABOUT...	DIFFERENT TYPES OF FOOD	HEALTHY LIFESTYLE	BALANCE DIET AND FOOD GROUPS	A BALANCED DIET EFFECTS ON HEALTH AND FITNESS	QUANTITY, TYPE & PROPORTION OF FOODS	A BALANCED DIET EFFECTS ON PERFORMANCE AND WELLBEING	TRAINING AND DIET PERFORMANCE PLANS

Our Autumn 2 after school clubs for this term

<i>Monday</i> (collect at 16:15)	<i>Tuesday</i> (collect at 16:15)	<i>Wednesday</i> (collect at 16:15)	<i>Thursday</i> (collect at 16:15)	<i>Friday</i> (collect at 15:15)
Reception - Creative club with Ms Ahktar Dismiss - 2M	KS1 - Kids Gym with Mr.Bailey Dismiss - 2M	KS1 - Construction with Miss Ahktar Dismiss - 2M	KS1 - Multi-sports with Mr Bailey Dismiss - 2M	Year 6 - Football with Mr.Bailey Dismiss - 4C Newly added!
KS1 - Mandarin with Ms Lyn Dismiss - 2L Newly added!	KS2 - STEM (Science, technology and Maths) club with Ms Warner Dismiss - 2L	Year 2/3 - Times table club with Ms Tregear Dismiss - 2L	Year 3/4 - Art club with Mr.Creber Dismiss - 2L	KS2 - Mandarin with Ms Lyn Dismiss - 1B Newly added!
KS2 - Creative Writing club with Miss Hetherington Dismiss - 3D	Yr 5/6 Basketball club with NASSA - Newham All Stars Sports Academy Dismiss - 3D Newly added!	KS2 - Music with Mr.Greer Dismiss - 3D	KS2 - Website development with Ms.Bond Dismiss - 3D	
		Year 3/4/5 - Football with Mr.Bailey Dismiss - 3C	Reception - Phonics club with Ms Rumessa Dismiss - 1D	

Brand new this term!



KS1 Mandarin on a
Monday



Yr5/6 Basketball with
NASSA academy on a
Tuesday



KS2 Mandarin on a Friday
(14:15 - 15:15)

If you are interested in sending your child to an after school club, please find the key dates that you need to be aware of below:

Tuesday 17th October - Message sent via Arbor to inform parents about clubs in Autumn 2

Please check your Arbor app to see if your child already has a place in a club. If you were on the waiting list, this should automatically update.

Thursday 19th October at 08:30 - Parent sign up for clubs will be open on Arbor app.

Friday 3rd November - Parent sign up for clubs will be closed on Arbor app



Monday 6th November - **All clubs will start**

Please note: If you have not attended Friday club for 2 or more weeks in a row, we remove your child from the list. If a child is not signed up for Friday club you will need to collect them every Friday at 14:00



Registering Clubs on Arbor

[Click here to watch the video](#)

Our Autumn competitions for this term...

<i>Date</i>	<i>Competition</i>	<i>Year Group</i>	<i>Venue</i>	<i>Result</i>
Friday 22nd September 1:00pm to 2:00pm	Girls Football	Year 6 House Teams	Selwyn	<i>Yellow win</i>
Friday 29th September 1:00pm to 3:00pm	Girls Football	Year 5/6	Memorial park	<i>Finished 5th</i>
Friday 6th October 9:00am to 1:00pm	SEND Bowling	LSP	North Greenwich	<i>Finished 3rd</i>
Friday 6th October 1:00Pm to 2:00pm	Boys Football	Year 4 House Teams	Selwyn	<i>Blue and Green win</i>
Friday 13th October 1:00pm to 3:00pm	Boys Football	Year 3/4	Memorial Park	<i>Finished 2nd</i>
Friday 20th October 1:00pm to 2:00pm	Boys Football league	Year 5/6	Memorial Park	
Friday 10th November 1:00pm to 3:00pm	Tag Rugby	Year 5/6 House Teams	East London Rugby Club	
Friday 17th November 1:00pm to 3:00pm	Boys football league	Year 5/6	Memorial Park	
Friday 30th November 1:00pm to 3:00pm	Girls Active	KS2	Newham Leisure centre	

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