

SUNNYBRAE NORMAL SCHOOL

PHYSICAL EDUCATION CURRICULUM UPDATE 2017



JUNIOR SYNDICATE SWIMMING
LESSONS IN THE SCHOOL POOL



MIDDLE SYNDICATE
BASKETBALL LESSONS



SENIOR SYNDICATE CLUSTER SPORTS
(RIPPA RUGBY TEAM)

At Sunnybrae, we are fortunate to have a range of organisations and coaches that come in and assist the teachers with running a well-balanced Physical Education programme.

Swimming

In Term 1, the whole school participated in swimming lessons for 4 weeks, run by The Swim Bus. Qualified instructors taught the children a variety of skills ranging from basic water skills to stroke technique. The children were based in different groups, building on their identified needs. Following on from these lessons came the swimming sports days for all syndicates and the North Shore Swimming Championship competition for selected Year 4-6 children.

Soccer

MSports and their team came in to run a soccer 'promo' day in Term 1 and will be coming back again in Term 4 to promote their programme. They teach

soccer skills and techniques through a variety of fun games that focus on developing dribbling, passing, shooting and defending techniques, as well as building confidence. Their before/after school clinics are a great way for children to further develop skills in this area.

Cricket

Cricket Blitz is a modified cricket competition run by Auckland Cricket that caters for a range of abilities and aims to get children involved in sport. In Term 1, they ran sessions for all of our classes over a three week period. Following on from this, several children participated in the Year 3/4 and Year 5/6 boys, girls and mixed cricket tournaments. We also had two teams participating in the after school Cricket Blitz competition. If your child is in Year 4-6 and is interested in playing in Term 4, keep an eye out for notices about this.

Basketball

In Term 1, the Year 3-6 classes had a basketball 'promo' session run by the GAT Academy. We also currently have a second year AUT student taking the Middle and Senior Syndicate classes for some skill-based sessions. Basketball is a very popular sport at Sunnybrae and we currently have five teams participating in after school competitions.

School Tryathlon

We held our annual school Tryathlon for Year 3-6 children in March this year. This was a great opportunity for children to have a go at swimming, cycling and running either individually or in a team - what an awesome day! This was a fantastic training opportunity for those children that went on to compete in the Weet-Bix Triathlon, held nationwide - we had a team from Sunnybrae compete in the Orewa event.



SNAG GOLF LESSONS



KIWI TENNIS LESSONS



TOUCH RUGBY LESSONS

PHOTOS FROM THIS YEAR



Golf

In Term 2, all classes participated in SNAG golf lessons run by Kelly Sports. The coach facilitated lots of fun activities to teach the children the fundamentals of this sport. Kelly Sports also offers after school sports programmes at school - keep an eye out for notices in our school newsletter.

Touch Rugby/Rugby

Sam from Touch North Harbour ran four weeks of touch rugby lessons for all classes at the end of Term 2. Through a range of fun games, the children learnt a lot of different skills and techniques, as well as building their fitness levels. There will be a Term 4 after school touch rugby competition for Years 4-6 children - keep an eye out for notices. MSports also ran a rugby 'promo' day earlier this term for all classes.

Tennis

Each week, Kiwi Tennis hold tennis sessions in the school hall on selected lunchtimes. There have also been some tennis taster sessions for all Year 3-6

classes and the Year 1-2 classes will have theirs at the end of this term.

Senior Syndicate Cluster Sports Day

In May, the Senior Syndicate participated in a sports day with other local schools. The sports on offer this year were table tennis, netball, rippa rugby and hockey. This was a great chance to try new sports, learn new skills, meet new people and have fun!

Netball

The Year 6 children attended the Netball Field Day earlier this year, where they had a chance to improve their skills. We currently have 5 school netball teams from Years 1-6 and all of the teams are having a great winter season.

Zumba dance lessons

Each Syndicate had an opportunity to participate in three Zumba dance lessons run by a specialised instructor. These classes were very engaging with lots of high-energy dance moves choreographed to the latest music that even had the teachers dancing!

As well as the above sporting opportunities, children are also taught a range of skills by their classroom teachers and each Syndicate has opportunities to participate in sports rotations, where they play sports against their peers from other classes.

Hockey

This year, we have one Year 3/4 and one Year 5/6 hockey teams competing in the North Harbour after school hockey competition. The children are able to learn new skills, build fitness levels and have fun.

Table Tennis

We have three teams that are playing in the Term 3 North Shore Table Tennis league. This is a great sport for developing hand-eye co-ordination and communication between team mates.

Flippa Ball

Our Year 4-6 Flippa Ball team plays regularly on Sundays and won their overall grade last term! There are lots of talented players in this team who enjoy this fast-paced sport and developing their water skills.



TOUCH RUGBY LESSONS



SENIOR CLUSTER SPORTS DAY - HOCKEY



CLASS P.E. LESSONS

Upcoming Events

Term 3

Week 7:

- School cross country (Y3-6)
- Badminton taster session Years 3-6
- Tennis Taster session Years 1 & 2 Week 7

Week 8:

- Cluster cross country

Term 4

- Juniors Huff 'n Puff
- School Athletics Day
- Cluster Athletics zone day
- Soccer Promo day
- Sports Prize giving

At Sunnybrae we believe that being physically active improves concentration, which impacts positively on academic achievement, social skills, self-esteem, confidence and overall health. It also gives children an important sense of belonging if they are part of a team.

Sport can provide a sense of belonging to a group and a community. Team sports encourage and develop leadership skills, cooperation, commitment and an ability to work with others to achieve a goal. If you are wanting to see what sports competitions are coming up, please refer to the following website:

<https://enrolmy.com/sunnybrae-normal-school>

Contacts:

Sports Co-ordinator:

Laura Bateman

lbateman@sunnybrae.school.nz



A big thank you to all of the members of our school community that help out with coaching/ managing/supporting our sports teams. Without your help, it would not be possible to enter teams into out-of-school competitions.

We are always seeking volunteers to help out, so if you are keen to help out, please let us know.