

SUNNYBRAE NORMAL SCHOOL

PHYSICAL EDUCATION CURRICULUM UPDATE

2018

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. 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.

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 and support, 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 Laura or Kelsey know.

Swimming

In Term 1, the whole school participated in swimming lessons for 4 weeks run by Skillz 4 Life. Qualified instructors taught the children a variety of skills ranging from basic water skills to stroke technique. The children were placed into different groups within their class, building on their identified needs. Following on from these lessons came the swimming sports days for all syndicates. Selected children from Years 5/6 also participated in the North Shore Swimming Championships at the AUT Millennium Pool.

Soccer

MSports and their team came to Sunnybrae to run a soccer 'promo' day in Term 2 for all year levels. 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. They will be coming back again in Term 4 to promote their programme, so keep an eye out for these details.

We were also fortunate to have the Northern Football Federation run a taster session in Term 3 for all of our Years 3-6 classes. It was a bit muddy so the children had to make-do with playing a lot of fun games on the astro-turf.



Basketball

Basketball is a very popular sport at Sunnybrae and we currently have four Senior Syndicate teams and three Middle Syndicate teams participating in after school competitions. This is the first ever year that we have been able to put together a Year 2 team which has just started in Term 3.



Basketball/Community of Learning

As part of our Pupuke Kahui Ako (Community of Learning), we have partnered up with Westlake Boys High School and they sent a teacher to come and run a training session for all of our basketball teams. They have also invited our children to take part in an upcoming weekend coaching clinic which will be run by student coaches. If your child would be interested in participating in this,



please contact Laura.

Table Tennis

We currently have four table tennis teams that play in the Term 3 North Shore Table Tennis league. This is a great sport for developing hand-eye coordination and communication between teammates.

Tennis

Each week, Kiwi Tennis hold tennis sessions in the school hall on Monday lunchtimes for all Year levels. If your child is interested in signing up for Term 4, please see the [following link](#) for more information and registration.

Rugby/Touch Rugby

MSports came back to Sunnybrae in Term 3 and ran a rugby taster session for all year levels to promote their after school programme which is run on our school fields and is very popular. Through a range of fun games, the children learnt a lot of different skills and techniques, as well as building their fitness levels.

We currently have three school teams (Year 3/4 boys team, Year 5/6 boys team and Year 5/6 mixed team) who are eagerly waiting for their after school touch rugby competition to begin at the start of Term 4.

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 Tryathlon held nationwide. We had about 15 children from Sunnybrae compete in the Orewa event.



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 Year 3-6 classes over a four week period. Following on from this, we were able to form a school cricket team that participated 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 cricket.



Flippa Ball

This year, we were fortunate to keep up the numbers to have two teams. These teams play regularly on Sundays at the AUT Millennium Pool. There are a lot of talented players in these teams who enjoy this fast-paced sport and developing their water skills.

Hockey

This year, we have one Year 5/6 hockey team and a Year 3/4 team that are combined with another school competing in the North Harbour after school hockey competition. The children have a weekly training session at school where they are able to learn new skills and build their fitness levels.



Senior Syndicate Cluster Sports Day

In June, the Senior Syndicate participated in a sports day with other local schools including Northcote Primary, Willow Park, Onepoto and St Mary's. The sports on offer this year were soccer, table tennis, netball, touch rugby and hockey. This was a great chance for the children to try new sports, learn different skills, meet new people and have fun!



Netball

This year, we had 3 Senior Syndicate netball teams, 2 Middle Syndicate netball teams and 4 Junior Syndicate teams. As well as playing in the winter competition, the Year 6 teams attended a Netball Field Day earlier this year where they had a chance to improve their skills against other Year 6 teams.



Our Year 6 Junior Netties team came first overall in their grade, which was

very exciting!



Turbo Touch

In Term 2, we had some coaches from Turbo Touch NZ come in to run 4 sessions for all of our year levels. Turbo touch is an action-packed game that involves passing the ball in any direction you like and only having to have two possessions before touchdown. The teachers also participated in an after school PLD session and had a lot of fun too!



Cross Country

We held our school Cross Country for children in Years 3-6 (postponed from original date). The children have been training three times a week for several weeks to build up to this event and it has been fantastic to see their stamina improving. We will be sending a group of 36

Gymnastics

This year we have 35 Year 3-6 students who are training hard for an upcoming gymnastics competition in Term 4. A big thanks to the parents who are giving up one lunchtime each week to teach these children the correct techniques and routines.

children in Years 4-6 to represent Sunnybrae at the cluster Cross Country on Friday this week.

The Juniors Huff n Puff for Years 1-2 children will be taking place in Term 4, Week 7.

Athletics - Term 4

Early in Term 4, classroom PE programmes will be based around developing a range of athletics skills in the build up for our school athletics day. Following on from this event, we will send 36 of our Year 4-6 children to represent Sunnybrae at the Cluster Athletics Day held at the Takapuna Athletics Club.

Diving lessons

Auckland Diving came to Sunnybrae in Term 2 and ran a 45 minute session for each of our Year 3-6 classes in the school hall. They carried out a range of activities to test children's flexibility and then handed out flyers to promote their diving club.

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 sports

Upcoming Sporting Events

Term 3

Week 8:

- Tuesday - SNS Y3-6 Cross Country
- Friday - Cluster Cross Country

Term 4

Mondays:

- Lunchtime Kiwi Tennis lessons in the hall

Week 2:

- MSports Soccer Promo day - Wednesday 24 October

Week 4:

- Year 3-6 Gymnastics competition - Wednesday 7 November and Thursday 8 November
- Sports team photos (Day TBC)

Week 5:

- School Athletics Day - Wednesday 14 November

Week 6:

- Cluster Athletics Zone Day - Tuesday 20 November

section of our school
website.

- Table Tennis Zone Day - Thursday 22 November

Week 7:

- Junior Huff n Puff - Tuesday 27 November
- Sports Prizegiving - Thursday 29 November

Contacts:

Laura Bateman & Kelsey Robinson
Sunnybrae Normal School
Sports Coordinators/PE Curriculum Leaders
lbateman@sunnybrae.school.nz &
krobinson@sunnybrae.school.nz