



In P.E...

In Key Stage One, children have been developing their team building skills through a range of activities. Children in Key Stage Two have been focussing on Tag Rugby, though the classes at our Firthmoor pop-up school have learnt how to play hockey too. More recently, every class has been focussing on gymnastics, as well as developing a range of basic sports and fitness skills to help them across all sports with Mrs Brown or Mrs Tinkler.

Healthy Eating

Try this... Easy banana ice cream.

Ingredients

- 4 ripe bananas

Method

1. Peel and slice the bananas – use 1 banana per person.
2. Freeze for at least 2 hours, or overnight.
3. Add to a food processor and blend until smooth and creamy. Scoop into bowls and tuck in!
4. For an extra twist, add a sprinkle of cinnamon or a handful of frozen fruit.



Staying active!



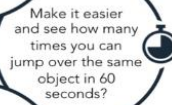
**Obstacle Course  
60 Second Challenge**



How many obstacles can you run around or jump over in 60 seconds?



Be creative! Place out objects; pillows, teddies around the space. Each time you jump over an object you score a point.



**Achieve Gold**

35 points

**Achieve Silver**

25 points

**Achieve Bronze**

15 points

Clubs

Lunchtime:

- **Daily** – sports with Sporting Futures.
- **Daily** – football with MGFA.

Afterschool:

- **Tuesday:** After-school football (Year 5 and 6).

Coming soon:

- Key Stage Two after-school football.
- Year 3/4 after-school dance.
- Year 5 and 6 after school table tennis.
- KS1 dance and multi-skills.

Competitions



Yet again, our sports teams have done us incredibly proud. Three teams from Class 8 competed in the Year 5 and 6 Tag Rugby Cup, with all three competing well and one team coming a very respectable fourth. In this year's Cross Country Festival, we took a group of Year 5s and 6s. Everyone ran brilliantly, and three children even qualified for the Tees Valley regional finals! Class 6 and 7 had a great time at their tag rugby festival too. Class 3, meanwhile, attended a multi-skills festival to develop their sporting skills.

Sports near us – Darlington FC Locomotives have started their 'Little Locos' sessions to introduce girls of all ages to football. They run every Monday at Eastbourne Sports Complex from 5pm to 6pm, with separate groups for 3-5 year olds, 6-8 year olds and 9-11 year olds.



Looking After Our Brains –Professor Brain

Professor Brain is the controller of our brains. Our brains are in control of the ways that we feel and act. They are the world's most powerful supercomputer! Every brain is unique, which is what makes each of us special and individual. Brains change shape and form with every thought we have, and they reacting to whatever we are experiencing. Looking after our brains by drinking water, eating healthily and getting lots of sleep can help us to feel happy and stay calm.

