



AVANTI COURT PRIMARY SCHOOL



Avanti Court Newsletter March-April 2022

Welcome to our Spring 2 PE Newsletter.

Links to Rights Respecting Article 29 (goals of education) Education must develop every child's personality, talents and abilities to the full.

Greetings to all families, I am delighted to announce the first of many PE newsletters. We will be issuing a PE newsletter every half term to keep you all informed of our fantastic PE achievements and sporting opportunities at Avanti.

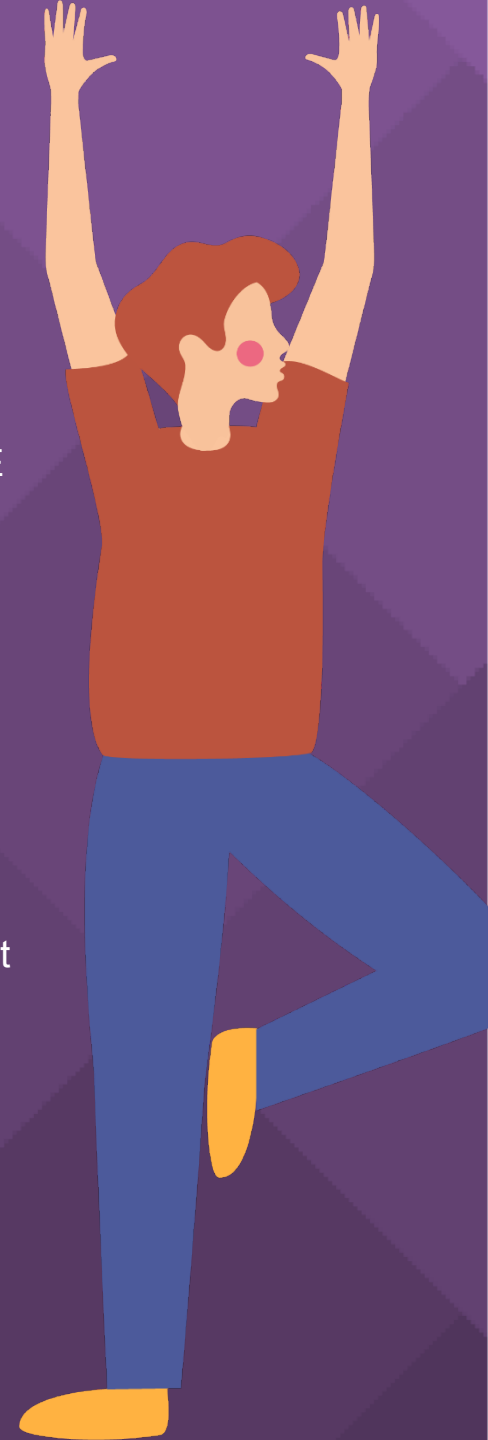
At Avanti Court we are committed to raising the profile of PE so we want to encourage all our children to participate in PE in as many ways as we can. At Avanti Court, our children have a 1 hour PE lesson a week, 30 minutes of Yoga as well as participating in their 5 a day workout. The 5 a day workout is 5-minute exercise all children participate in, whilst in their class every day.

In addition to this, we have a range of sporting clubs available such as, football, tennis, taekwondo, cricket and dance. Since COVID restrictions are beginning to lift we will be participating in more sporting competitions with other schools from the borough. In our last competition, which was a boys and girls cricket competition, our children from year 6 reached the borough final, which is a fantastic achievement!

A new incentive which so far has been a smash hit is our daily mile activity where we are encouraging children and parents to join in after school, on the next page you will find out more about the Avanti Daily Mile.

May I take this opportunity to wish you all a safe Easter break with your families.

Mr Barnard



Daily Mile at Avanti Court

Children across the school are encouraged to take part in physical activity from an early age to help their physical development. PE enhances and promotes the development of not only their bones and muscles but helps develop social skills and promotes a positive mind-set.

What is the Daily Mile?

The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes. We want every child to have the opportunity to do the Daily Mile at Avanti Court and are now working to build the Daily Mile's community with an incentive where families join their children to take part in the Daily Mile.

We want to encourage children to participate in the Daily Mile whenever they can, so we are now, on a selected day fortnightly, inviting parents from a certain year group to stay behind after school and complete the Daily Mile circuit with their children.

On Friday 25th March we hosted our first children and families Daily Mile where parents and guardians of children in Year 4 joined their children in the challenge. The event was a great success and all the children, and their families really enjoyed it. We are hoping to make this a much more regular occurrence and will invite parents and guardians from other year groups to take part. This event links to Rights Respecting **Article 24 (health and health services) Every child has the right to the best possible health. Governments must provide an education on health and well-being so that children can stay healthy.**



Avanti PE Ambassadors

Putting PE at the forefront!

I would like to introduce to you our PE Ambassadors. These wonderful year 6 students are helping to implement our vision of physical education to be at forefront of what we do at Avanti.

To be chosen to be a PE ambassador these children went through a vigorous selection process. They were required to submit an application, detailing why they would be an excellent candidate to be a PE ambassador. They were then interviewed by myself. These children were chosen as they showed so much passion for PE and demonstrated how they would help their peers in all aspects of PE. I would like to add how difficult it was choosing these ambassadors as all the applicants showed such great qualities

The duties of the PE ambassadors are to help promote PE in the school, they will be helping to organize games in the playground as well as helping out in their PE lessons. The group links to the [Rights Respecting Article 15 \(freedom of association\)](#) Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.



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Avanti Cricket

Redbridge Cricket Tournament

At Avanti we have many young aspiring cricketers. These talented children were selected to participate in the Moogsoft William Greaves Trophy 2021/22 – the largest primary school cricket competition in the UK. They participated in the “Borough Round” where schools within the same borough compete against each other. They accomplished so much considering it was Avanti Court’s first ever cricket tournament and reached the borough final. They were so unlucky as they lost by 1 run! This event links to the **Rights Respecting Article 15 (freedom of association)** Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.

This will be the first of many tournaments our children at Avanti Court will be participating in and we will keep you updated on Avanti’s competitive achievements.

Daily Mile Run After School- Dates:

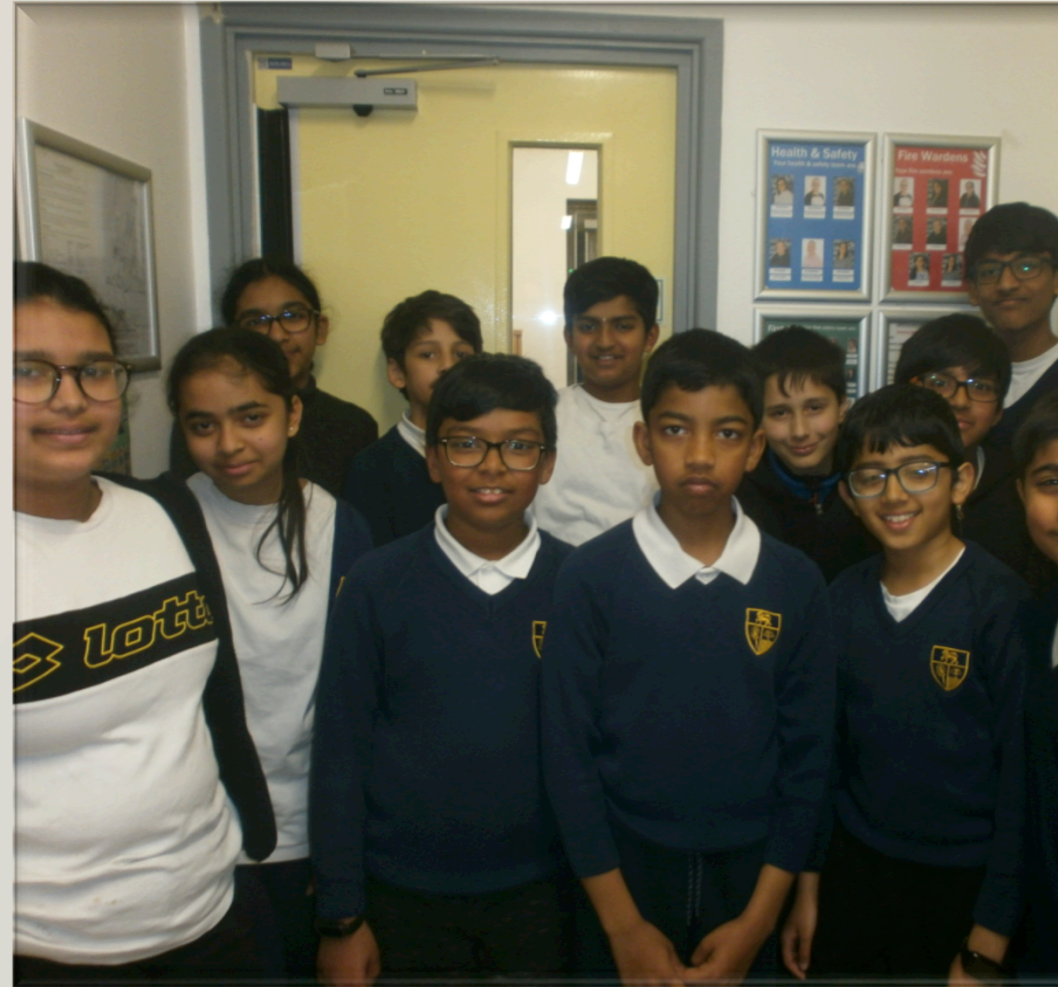
29th April- Yr 5, 1 mile walk/jog after school with parents from 3:30-4pm

13th May-Yr 3, 1 mile walk/jog after school with parents from 3:30-4pm

17th June Yr 2, 1 mile walk/jog after school with parents from 3:30-4pm

1st July Yr 1, 1 mile walk/jog after school with parents from 3:30-4pm

8th July Yr 6, 1 mile walk/jog after school with parents from 3:30-4pm



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