

Physical Education

Miss Nicoll teaches PE all week. She takes classes in the afternoons and everyone gets about an hour. Over the course of a year each class completes six different sporting categories. For example: Athletics is taught in the summer term for most key Stage 2 classes. At the end of each half term every class is organised into teams and takes part in a mini tournament.



Clubs

Miss Nicoll runs clubs after school and at lunchtime. She organises a club after school Monday, Tuesday, Wednesday and Friday. On Thursdays she takes us to sports tournaments against local schools. On Monday, Wednesday and Friday Miss Nicoll does clubs for Year 3, 4, 5 and 6 at lunchtime. On Tuesday and Thursday she runs tournament training.



Daily Mile

Each class participates in the daily mile at least once a week unless they are really busy. The daily mile is 3 laps of the field and the playground. Normally most people can do 3 laps in the maximum of 20 minutes but some year sixes can do it in about 5. Lots of people like the daily mile because it gives them a break from their school work and a chance to stretch their legs.



Sports Captains

Each term a boy and a girl from each class get chosen to be Sports Captains. A Sports Captain is someone who goes out and helps Miss Nicoll to set up the lesson. I have been it before and it is a fun job. Miss Nicoll chooses a Sports Captain by their effort, attitude and behaviour.





A Year of PE

Autumn: Football

Winter: Basketball

Spring: Dodgeball

Summer: Cricket



Tournaments

Wentworth enter and win a lot of tournaments. There are 3 stages to become the best in Essex for that sport. The first stage is Maldon, so we go up against all the schools in Maldon. Then if we win that level we go to the Blackwater round which is all the schools up to Colchester. Then you go against the whole of Essex. The best our school has achieved was with a team of ten at the Essex dodgeball final where they came 4th.

I asked some children what they have improved on in PE. I also asked them if they enjoy PE and why?

Q1: Improvement in PE?

A: Running and throwing.

Q2: Do you enjoy PE and why?

I enjoy PE because I can test my skills and compete against other people.

BY Tom, W 6T