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## THE BENEFIT OF PHYSICAL EDUCATION AND SPORTS

Research shows that sports participation in schools is not only associated with higher levels of wellbeing for young people but is also key to improving focus, self-discipline and brain development.

Physical Education is a key part of the curriculum in our school and is something that I am keen for all children to have the opportunity to explore, enjoy and take part in.

As you will hopefully have seen from Twitter (X), the school website and our monthly newsletter, Brough Primary has recently been taking part in a wide range of sporting events both in school as well as tournaments outside of the normal school day.

We want to be able to share more details and photographs of the children's achievements and this is therefore the first of our new Sports Review updates that we will be sending out every half term.

We hope you enjoy seeing what the children have been doing!

Mr Miller



### **LUNCHTIME CLUBS**

Monday:	Year 6 Table Tennis - 12.30 to 1pm KS2 Martial Arts – 12.00 to 1pm
Tuesday:	Year 5/6 Gymnastics – 12.15 to 1pm KS2 Yoga – 12.00 to 12.30pm KS1 Yoga – 12.30 to 1pm
Wednesday:	Year 3/4 Gymnastics – 12.15 to 1pm
Thursday:	Year 6 Netball – 12.30 to 1pm

### **OUT OF SCHOOL HOURS CLUBS**

Tuesday:	Years 1-6 Parkour – 7.55 to 8.45am KS1 Fusion Dance – 3.30 to 4pm
Wednesday:	KS1 Multi-Sports – 8.00 to 8.45am Year 3/4 Gymnastics – 12.15 to 1pm KS2 Fusion Dance – 3.30 to 4pm
Thursday:	KS2 Multi-Sports – 8.00 to 8.45am Year 6 Netball – 12.30 to 1pm Year 3/4 Tag Rugby – 3.30 – 4.30pm

### BROUGH PRIMARY SPORTS REVIEW



## YEAR 6 SPORTS HALL ATHLETICS SOUTH HUNSLEY – 23.01.24

It was another evening of enthralling sporting action\_at South Hunsley School last night as our Year Six children attended the Sports Hall Athletics. In both the track and field events, each of our pupils competed brilliantly with some magnificent victories along the way! Well done to all involved and congratulations on a 4<sup>th</sup> place finish.



BROUGH PRIMARY SPORTS REVIEW

# BROUGH PRIMARY Spring Term 1 January and February SPORTS REVIEW Like Control of the second se

## YEAR 3/4 SPORTS HALL ATHLETICS – 16.01.24

What a thrilling start to sport in 2024! Our Y3/4 pupils pulled out some incredible performances at the annual Sports Hall Athletics event on Tuesday evening.

Despite not yet being informed of the final official results, we departed the event with a string of first and second place finishes in the track events leaving us all confident of an impressive final standing.

A huge well done to the children and a big thank you for representing our school in the best way possible and gaining a 4<sup>th</sup> place finish.







### BROUGH PRIMARY SPORTS REVIEW



## YEAR 6 BOYS HUMBERSIDE CUP 1<sup>ST</sup> ROUND – PENSHURST PRIMARY 19.01.24

Well done to our Y6 Boys who competed in our First Round victory over Penshurst Primary School in the Humberside Cup on Friday afternoon.

Playing on a really tricky pitch due to the recent weather conditions, the boys fell behind on two separate occasions throughout the game but still managed to win 4-3 thanks to a last minute winner!

Their attitude to never give up won the game for us and they earnt the right to be jubilant at the final whistle! Well done, boys. Onto the next round we go!





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## YEAR 5/6 FOOTBALL – SOUTH HUNSLEY SCHOOL 30.01.24

Well done to our Y6 Boys who competed in our First Round victory over Penshurst Primary School in the Humberside Cup on Friday afternoon.



#### BROUGH PRIMARY SPORTS REVIEW