

PHYSICAL EDUCATION – SPRING TERM 2018

Physical education is on the school curriculum and every child is expected to participate in the lessons unless there is a medical reason not to. This newsletter gives you information about this term's lessons and other physical activities. It is important that the children bring appropriate clothing and a bottle of water on the days noted.

SWIMMING LESSONS

Mondays

Years R - 6



Swimming costumes a LARGE towel and a hair brush/comb needed. Also £2 for the bus. Girls should not

Fridays

PE lessons to **all** pupils.

PE kit needed!



Cycling Lessons

Years 5 + 6

March 6, 7 + 8



The children will need a bike that is in a good safe condition and a helmet. The training sessions will be given by the Gwynedd Council Road Safety Officers.

PLAS MENAI

Years 5 and 6 will be going on a 3 day residential activity course on March 21, 22 and 23.

DAL I FYND RUNNING CLUB

Tuesdays and Fridays

Trainers needed

R - Year 6



Years 3-6

Wednesday afternoons

Football coaching by Coleg Meirion

Dwyfor sports students

PE kit/trainers

required



Friday, January 19, 26

February 2nd

Rugby training for yrs 3+ 4 by
Welsh International Rugby Player

Jess Kavanagh



NURSERY AND RECEPTION

Yoga sessions will be introduced during this term. More details to follow!

