

Fitness for Life



New Chapter School

Across the developed world, life expectancy has risen consistently since the 1930s - yet experts have warned that our children's health is a 'ticking time bomb'. It is estimated that today's youngsters will be less healthy than today's 65 year olds by the time they reach that age.

The latest NHS figures reveal one in every five children aged 10 to 11 nationally are obese. This is due to lifestyle-related problems such as consuming too much sugar and doing too little exercise. Recent research by King's College London has found that children who are obese are four times more likely to develop type 2 diabetes.

MK NHS data indicates that this is a particular issue for the children at New Chapter; 10% more children in Yr 6 and 3% in EYFS are statistically judged to be obese or overweight compared to national figures.

As a school, we take our children's health and fitness incredibly seriously. We have set ourselves a target to raise £12,000 to purchase a new fitness trail, some sports equipment and new markings for the playground. The children will be able to access these during P.E sessions, break and lunch times and after-school clubs.

A number of events have occurred to this year including our 'Fitness For All' day, which aimed to raise awareness of different activities that children can participate in to improve their health and fitness.



Sports News Term 1

In this first half term, the children in Key Stage 1 have been developing agility,

balance, co-ordination, speed and power skills via a variety of games. The lessons have also introduced the children to basic invasion games, which they will develop over the course of the year. The children have also been involved in Gymnastics, which has introduced them to creating basic shape formations, balances, jumps and rolls. They have also learnt how to execute these movement in a safe manner, so they do not hurt themselves.



In Key Stage 2, the children have been focusing on cross country and football. The PE team have been looking to develop and progress the skills that they already have. In cross country, the children have been competing for a place at the Milton Keynes annual Cross Country Festival, which takes place after half term. Mr Richardson and Mr Lewis have thoroughly enjoyed getting to know the sporting abilities of the children this half term and have been impressed by the enthusiasm, hard work and resilience shown in lessons.

At lunchtimes our Play Leaders have been supporting a wide variety of games such as: hockey, basketball, cuju, cricket and football and continue to be excellent role models for the other year groups.



Year 5 and 6 Bikeability

Children from Years 5 and 6 had the opportunity to take part in the national Bikeability programme this week, which is funded by Milton Keynes Council and the Department for Transport.

The Children were allocated to smaller groups for intensive training by qualified instructors. As part of the programme the children learnt about bicycle maintenance and had the opportunity to ride off site on the local public roads and the Redways.

Bikeability training is a great way to boost the children's confidence on a bike, whilst having fun, learning about road safety and improving their

ability to perceive and respond to modern day traffic situations. With the national increase in child and adult obesity in recent years, cycling is a great form of exercise that can be squeezed into everyday life by riding to school or the local shops. For many young people, it can be their first step towards independent travel. By providing the skills the children need to enjoy cycling in a safer way; opening up a world of opportunities for them to get out and about with friends and family. Milton Keynes is a bike friendly city and is famous for its thousands of miles of Redways.





Our New Fitness Trail

Over half term our new Fitness Trail was installed. The PE team are looking forward to the warmer weather, so that the new equipment can be used as part of PE lessons.

We would like to thank all the families who have supported events which have

contributed to its purchase. Thanks also go to the Rotary Clubs of Grand Union, Milton Keynes and Bedford Park who all donated £500 each and Tesco via its Community Grant Fund of £1,000.

The children are taught that maintaining a healthy lifestyle is very important, especially in later life but exercise should also be fun.



Leon Baptiste

We were very fortunate to welcome Leon Baptiste to our school on Monday. He is a 2010, double gold Commonwealth sprinter. He led fitness workshops for all classes across the school. Children did an intensive workout but had a lot of fun.



In assembly Leon spoke about his career. He chose athletics over football when a ligament injury whilst he was only 14 ruled him out of the sport. He said that he initially he wasn't the best athlete at his school or London borough. He spoke about working hard and by the age of 18 representing his country and winning gold at the European Junior Championships. He spoke about the training he put in to become the very best but also mentioned the challenges he faced due to repeated injuries. Three times he fought hard to come back to peak performance. This took a lot of **hard work, perseverance and resilience** and a **positive mindset**. All of these skills are ones which we try to develop at school. As part of the



Cross Country Festival

On Saturday 4th November, 20 of our children went to the Milton Keynes Cross Country Festival at The Milton Keynes Bowl. The children performed brilliantly and were a credit to the school. All of the children felt that they did their best and really enjoyed the experience.

Here are some of the outstanding results: Junior girls - Maryam was placed 16th position. Junior boys - Sam from positioned 16th place. Senior girls - Raisa who was our highest finishing girl and finally Elliot who positioned 19th in his category.



Sports News Term 2



It has been an exciting time for the PE team this term. We started this half term with a visit from Gold medal winning Commonwealth sprinter Leon Baptiste. Leon took each year group for a fitness circuit involving spotty dogs, leg drives, press ups / running on the spot and star jumps. The circuit certainly put our children through their paces!

After the fitness circuit had finished Leon spoke about his journey to becoming a Commonwealth sprinter, how he overcame adversity with numerous injuries and setbacks in his life and how he never gave up as the desire to want to be a sprinter was too great. It was a fantastic insight for all aspiring children in our school.

Leon even brought his official Commonwealth Games Gold medals into school to show and let the children wear them.

“My favourite part about the fitness circuit was the spotty dogs, sometimes it was tiring but it was so much fun” – Happy Fei.

Happy Fei.

“Leon’s story inspired me to never give up and if I put my mind to something I can do it” – Tyla May.

“After hearing about Leon’s story, he has given me the determination to pursue my dreams and smash my goals” – Cheyanne

On Saturday 10th February, New Chapter were part of the gift of football scheme at MK Dons in their game against Portsmouth. It was great to see many New Chapters children and parents giving their support to MK Dons.

Unfortunately, MK Dons lost 2-1 due to a late winner from Portsmouth but the game proved to be very exciting and lots of action. Hopefully you will support the Dons again soon.



In PE lessons, the children continue to develop their skills in various sports. In EYFS and Year 1 we have continued to develop our use of multi skills and used a range of stations to explore and develop those skills. In Year 2 we have looked at the basics of Basketball and Dance. In Key Stage 2 all year groups have been looking at further developing their skills in Basketball looking at tactics and game awareness. We look forward to the Summer months where we will look to

develop our skills in Athletics, Rounder’s and Cricket.

PE News Term 3

The PE Team welcomed 2018 with an A league fixture and the MK Dons EFL football cup in the same week. The boys who represented the school did extremely well and managed a respectable 4th place in the EFL cup.

The football team then welcomed back their old PE teacher Mr Steel, when they played Long Meadow School here at New Chapter. In a greatly contested match we narrowly lost but well done to Sam and Carter in Year 4 who both scored goals.

We took 16 children (8 boys and 8 girls) to Milton Keynes College for the MKSSP Indoor Athletics heats. Each child that represented the school took part in both one field event (Javelin, long jump, speed bounce, triple jump), one field event (sprint races, hurdle races and long distance races) and took part in the 4 team relay. The school managed to beat last year's placing and Cheyanne 6 finished 1st in her track event. Our thanks goes out to those children who represented New Chapter: Cheyanne, Olivia, Fatma, Raisa, Lyrica, Abena, Morgan, Maryam, Jason, Mihai, Harrison, Ali, Abdi, Reggie, Gracias, and Mitchell.



In PE lessons, the children continue to develop their skills in various sports. In Key Stage 1 the children have been developing their skills using the game of Bench Ball, which improves their hand-eye co-ordination and invasion game skills. The children have also been learning the basics skills to be able to play unihoc, such as grip, dribbling, passing and shooting with a ball.

In Key Stage 2 the children have been learning key shapes, balances, jumps and rolls in Gymnastics, leading to patterns and sequences. Also the children have been learning the skills of Handball and improving their understanding of the finer tactical strategies of the game.

We have also been very fortunate as the MK Dons have offered New Chapter families "The gift of Football" which is a scheme that offers all New Chapter children in the school a voucher for one FREE child and one accompanying adult tickets to an MK Dons match on Saturday 10th

February 2018 against Portsmouth. The initiative was also promoted by Peter Pawlee MK Dons first team midfielder who spoke about the core values at New Chapter and how they are needed in his day to day routine with MK Dons.



Circus Club

Last week, we had our first circus after school club and it was a huge success. The children really enjoyed it, it's only their first week and they have already asked if they can perform to the school at some point in the future.



Sports News



This half term has been a very busy one for the PE department. We started off our half term by taking 20 children to the Milton Keynes Cross Country Festival at the National Bowl on Saturday 4th November. In treacherous conditions, the children ran amazingly well and managed to place well in all categories. The school placed in 7th position in the small schools category out of 14 schools.

The school received their brand-new Nike Football kit sponsored by **The Premier League**. The children have loved wearing the kit and we thank the Premier League for the kit.

The school has been involved in several football matches, This half term with the A team playing their games at Woughton on the Green against various schools from around Milton Keynes, The B league have played Charles Warren Academy and The Premier Academy and played very well in both games. Finally, the Year 3's and 4's played a match against Stanton and won 1-0; putting in a fantastic performance.

In their PE lessons, the children continue to develop their skills in various sports. In Key Stage 1, the children have been developing their skills using skill stations such as speed bounce, speed ladders, balance beams and bean bag throwing, as well as Football to help develop their understanding of invasion games.

In Key Stage 2, the children have been enjoying playing Dodgeball and Korfbal as part of their PE lessons. As well as learning new skills the children have been giving each other positive verbal feedback and constructive criticism in order to improve their own game.

2018 is already shaping up to be busy year with several fixtures and festivals lined up with more to come. Myself and Mr Lewis would like to wish all children in all year groups a Merry Christmas and a Happy New Year. The children continue to improve and work hard in their PE lessons to improve themselves and live a happy and healthy life.

Fixtures to come in 2018:

Wednesday 10th January – A league matches at Woughton on the Green

Friday 12th January – MK Dons EFL kids cup

Wednesday 17th January – New Chapter vs. Long Meadow (Football)

Wednesday 24th January – Year 5/6 Indoor Athletics festival at MK College

Wednesday 31st January – A league matches at Woughton on the Green

Wednesday 7th February – Tickford Park vs. New Chapter (B league Football)

Clubs lists have now been completed and we hope to get everyone who signed up for a club at least get one of the three choices they selected on their club slip. We are however running a little low on numbers on the following clubs:

KS1 – Bat and Ball club - Tuesday

KS2 – Volleyball, Korfbal - Thursday



If your child is interested in any of those clubs could you please contact the school office and they will add your child to the list. Mr Richardson, PE Coordinator

The Warmer Weather Means the Fitness Trail Is Now In Action!

Last week, we were officially able to use the fitness trail as part of our fitness club on a Friday.

The children enjoyed using all the different types of apparatus and learnt how to use them safely. As the weather gets warmer we hope that all children in the school will have opportunity to use and improve their fitness using the fitness trail.



Sports Day 2018



Class 8: Miss Gul said it was an enjoyable and exhilarating experience for every child. Children were all able to participate and showed true sportsmanship in all areas.



Class 5: Mr Morris reported that one mum said it was great to see her daughter getting involved and showing enthusiasm in all of the races as she wasn't the most sporty. Mr Morris was pleased to see the parents cheering on all of the children (in all races) and encouraging everyone to do their best. Other parents noted how supportive the children were with each other and that they were all trying their hardest.



Class 12: Miss Reider said it was lovely to see all the parents cheering for all the children. I was also very pleased to see how the children were working together and not just their own child. One parent said to her that they were proud of their son and how he was taking part in all of the activities.

Happy with the process of keeping the children out of the sun. Pleased that the KS2 event was stopped very sensible.

Class 6: “Great sports day with brilliant organisation. Teachers thought about the weather and made sure that the children had shade and plenty of water.” Imogen’s mum.

“The children showed excellent team work and it was lovely to see them cheering and supporting each other.” Chloe’s mum.

Parents were pleased with the shade provided and we would like to thank the staff and Mrs Blore for their support on this. Many commented on the Year 6 helpers, who represented the values of the school and made the morning run smoothly.



“Our children had a great day and enjoyed the events.” Zain and Kodey’s mum in Class 4.

Class 9 were cheered on by a large group of parents, had a wonderful Sports day afternoon in the sun. The children and staff were very grateful for the support from all of the friends and family who attended. Staff were also incredibly proud of how the children and parents managed to stay positive in competition. Despite the soaring temperatures, there were some outstanding performances in all of the events that were completed and it was very pleasing to see the level of encouragement from both children and parents towards their peers.

Sophiah, “Sports Day was amazing. It was so hot but I still tried my best and took part. Even though it was hard work, it was fantastic.”

Bassam, “I really enjoyed sports day. Even though it was scorching hot, everyone took part and congratulated each other. It was great to see loads of parents there and it felt great hearing them cheer us on. It was amazing as it felt like being in a stadium.”



Class 3: several parents spoke about what a fantastic morning they and their children had at sports’ day. One parent said ***“it was so well organised and enjoyable and she was determined to go and set up a mini Olympics within her close!”***

Two parents discussed how lovely it was to see that their children had grown up so much over the year and joined in with all the events having been rather reluctant to do so last year.

*“Wonderful communication and organisation.
The best sports day at New Chapter yet”
Alexis’ mum Class 10.*



Class 11. Yesterday’s sports afternoon was very well attended by parents and carers of Class 11. It was wonderful to see the adults cheering on all children in the class and encouraging the whole class – not just their own children. The support was very much appreciated, which ranged from having a gazebo fixed by Harrison’s dad to Caitlin’s mum being the ‘ball girl’ during the girls’ basketball event. This made for a very smooth afternoon, which was full of learning, love and laughter. All of Class 11 had an amazing time with the following being some of the comments fed back to me:

Kiera told me that it was *‘a really exciting experience.’*

Ismail felt that it was *‘Fun and enjoyable to take part in the different activities.’*

Maryam thought that it was *‘amazing because parents got involved too.’*



*“Lovely and well organised”
“Amazing, loved the layout
and Year 6 were great help”
“Had a lovely time”
“Can we have a raffle again?”
“All the children joined in
even though it was hot “*

The children were considered and their safety was the most important thing.

Sports News

The PE team are expected to be busy next half term with festivals and sports days being booked up and hopefully the weather will work in our favour.

A reminder to all parents and children that Sports day for all children is on **Thursday 5th July 2018**. Key Stage 1 will be in the morning, Key Stage 2 will be in the afternoon. We hope you can join us for this day of sport for your children.

Key Stage 1 have been working on Dodgeball and Athletics, the children have thoroughly enjoyed learning throwing and catching games which have helped them to develop their Dodgeball skills. So much so that they now set up their own game of Dodgeball on the playground!

In Key Stage 2 we have been concentrating on Rounders and Athletics. In Athletics we have been learning a new event each week, we plan on taking the best children from each event to the Athletics heats on the 15th June at Stantonbury Campus Athletics track, and competing against other schools in Milton Keynes. In Year 5 Mrs Parsons have been taking class 11 for PE concentrating on Dance and have been teaching them how to perform their own New Chapter Haka.

On Wednesday 9th May Mr Richardson, Mrs Williams and Mr Wardell ran 10k at Silverstone race track on behalf of New Chapter and ran with over 1600 other runners! Here is a photo of the 3 teachers with their finisher medals. Well done to all of them.

Attention all runners! Did you know there is a free organised 2000m run for children? The run is for children aged 4-14 years old and takes place every Sunday morning at 9am at Milton Keynes Rugby Union Football club in Emerson Valley MK4 2DN. The aim of the run is to have fun and join in at any pace. The Milton Keynes Junior Parkrun is organised by volunteers and helpers each

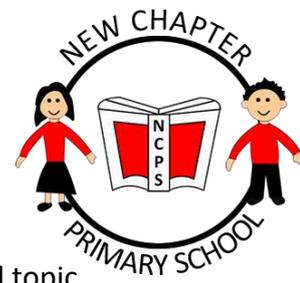
week and is free to attend. All that is needed is your running shoes, appropriate clothing and your barcode which can be obtained on this website.

<http://www.parkrun.org.uk/miltonkeynes-juniors/>

On Friday 18th May we took 11 children to play in the Long Meadow Football Cup at Stadium MK, despite a slow start, the children managed to come from behind and beat St. Bernadettes 3-2 just before the final whistle.



Year 5 Curriculum Overview



Fitness For Life This is a Science based topic which investigates the importance of keeping fit through exercise and healthy eating. Children assess their own levels of fitness and learn how they can keep fit as they go through life. They will complete a fitness 'test' at the start of the topic and then repeat the test at the end to compare their rates of fitness. When studying respiration, the children will observe a set of lungs inflating and deflating.

They will be taught the names of the main bones of the skeleton, and also the names and location of the body's main organs. Using scientific equipment, they will record their heart rates before and after exercise and plot and analyse this information in the form of a line graph. They will look at the impact of exercise on their joints and muscles, and in PE will learn the importance of taking part in warming up and cooling down routines. The children will use their business and enterprise skills to complete the final outcome of this unit which is the planning, development (via story boards) and filming of a fitness video which we look forward to sharing with parents at our 'Fabulous Finish'.

In design, the children will produce a working 3D model of the arm, which will demonstrate the way muscles work in pairs. Children will identify the names of the muscles used for a variety of movements and will use these names within their everyday language to increase their vocabulary. Once the model is completed, the children will get the chance to evaluate the success of their model; identifying what worked well and possible areas from development.

The children will identify the effects smoking has on the lungs and will have the opportunity to measure their own lung capacity and compare this with others. We will be linking this unit of study to Literacy, where the children will create an advertising campaign to persuade people to stop smoking. The prevention of tooth decay by good dental hygiene is also covered, as well as the importance of vaccinations. The children will investigate the effects of different drinks on their teeth by using egg shell to represent tooth enamel.

They will be writing up their experiments and making comparisons between the ingredients of different drinks tested. In addition to this the children will be asked to bring a toothbrush to school so that they can use disclosing tablets to see where the plaque is lurking on their teeth. They will use this to write a set of instructions for younger children on how to brush and care for their teeth.

The children will be asked to keep a food diary and monitor what they have each day for lunch. The link between obesity and heart disease is examined and the children will design a healthy packed lunch campaign and write an insert for the school newsletter. In line with the 'Healthy Eating' concept the children will be designing and making pizzas in the school kitchen. There will also be the opportunity to take part in bike ability lessons.

