



# Longmeadow Primary School

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Headteacher: Mrs Emily Howley

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6<sup>th</sup> May 2020

## RE: PE Challenge

Dear parents/carers

We have decided to set the students of Longmeadow a PE Challenge to complete each week. Physical Education (PE) develops student's competence and confidence to take part in a range of physical activities that become a central part of their lives, both in and out of school. At Longmeadow we provide a high-quality [PE curriculum](#), which enables all students to enjoy and succeed in many kinds of physical activity. They develop a wide range of skills and the ability to use tactics, strategies and compositional ideas to perform successfully. When they are performing, they think about what they are doing, they analyse the situation and make decisions. They also reflect on their own and others performances and find ways to improve upon them. As a result, they develop the confidence to take part in different physical activities and learn about the value of healthy, active lifestyles.

- Each week Mr Howley (PE Teacher) will set challenges for the pupils to complete.
- At the end of each week the scores from the challenges will need to be emailed to Mr Howley.
- Each week Mr Howley will post a weekly table of the top 10 pupils, one for KS1, one for KS2.
- Challenges will be sent out every Monday except this week where it has been sent today.

Please email Mr Howley the challenge scores by Friday evening latest.

Send scores to: [Ahowley@longmeadow.herts.sch.uk](mailto:Ahowley@longmeadow.herts.sch.uk)

Have fun!

Kind Regards

The Longmeadow Team