

# Chisenhale Chatter

Chisenhale Primary School Bow



Learning Together for a Better Future

21/9/18

## PE update

The school's Physical Education (PE) curriculum has been restructured in order to ensure that all pupils develop competence to excel in a broad range of physical activities and are physically active for sustained periods of time. All pupils in Year 1 to Year 6 will now participate in three weekly PE sessions.

- One of these sessions will focus on the development of key basic skills such as catching, throwing, ball control, tracking and kicking. These essential skills are the building blocks of our curriculum, as they are transferable to a broad range of sporting activities.
- The second session will aim to improve the gross motor skills of the children. Pupils will advance their flexibility, strength, technique, control and balance as well as learning to perform and compare their performances with previous ones - through activities such as gymnastics, athletics, martial arts and dance.
- An exciting addition to our PE curriculum are the new weekly competition sessions. These sessions will provide an opportunity for the children to develop and improve their tactical, teamwork and organisational understanding of sports. Each half-term, the children will apply their key skills to a new team-based sport. Towards the end of the half-term, the children will compete in intra-school fixtures against other classes in their key stage.

As we want to raise the profile and importance of PE within Chisenhale Primary, we plan to include the results of the intra-school fixtures in future newsletters. The first competition is Benchball!

All children from Year 3 upwards also receive two weeks of daily swimming lessons each year. These take place at the Aquatic Centre in the Olympic Park and, weather permitting, the children will walk to and from the centre through Victoria Park. Although the children sometimes find this tiring to begin with, it is an important part of their physical education and greatly contributes to their levels of fitness.

If your child is having swimming lessons please make sure they are wearing appropriate clothing for the walk: sensible shoes and a raincoat or sun hat, depending on the weather. They will be more comfortable if they carry their kit in a backpack as a wet swimming kit is surprisingly heavy.

## Instrumental lessons at Chisenhale

THAMES (Tower Hamlets Arts & Music Education Service) provides the school with a certain number of instrumental lessons for children in Year 3 and above. The cost to parents is £93.50 for 11 lessons (a term) which needs to be paid termly in advance. Part of the cost of these lessons is paid by the school so we do ask children who are able to benefit from them to commit to regular practice and attendance at their lessons. Parents are responsible for taking their children to lessons and collecting them afterwards. Instruments are provided, which the children can keep as long as they are having lessons through the music service.

### Current vacancies are:

Beginner violin at 3.30 on a Wednesday

Beginner oboe at 5.10 on a Tuesday

We also have the opportunity for some children to learn the bassoon and these lessons are FREE as the bassoon is considered an endangered instrument!

There are 4 spaces for beginner bassoon:

Two at 3.45 - 4.15 and

two from 4.15 until 4.45, all on a Tuesday.

If you are interested in these lessons please contact Ruth on [rcrossan.211@lgflmail.org](mailto:rcrossan.211@lgflmail.org).

The school also facilitates some private music lessons. We check the teachers' DBS certificates and provide them with a room free of charge but all other arrangements need to be made between the teachers and parents. **We provide this space as a favour to parents but we are not responsible for ensuring children go to their lessons or informing parents if lessons are cancelled.**

Guitar lessons for children in Year 2 upwards are provided by Louis Price [loupriceguitar@gmail.com](mailto:loupriceguitar@gmail.com) Group lessons cost £8.00 per 30min lesson per child and solo lessons cost £12.00 per 30min lesson per child. He teaches the Trinity College Rock and Pop guitar syllabus. Lessons are on Thursdays and either Wednesdays or Fridays after school. Louis currently has a few spaces so contact him directly if you are interested.

Private piano lessons also take place after school. Lessons cost £18.00 per half hour. There are not currently any spaces for piano lessons but if you would like to go on the waiting list please contact the teacher, William Brown, at [billthoven@gmail.com](mailto:billthoven@gmail.com)