St. Peter's Catholic Academy

Waterloo Road, Cobridge Stoke-on-Trent, Staffs, ST6 3HL
Tel: 01782 235040 Email: stpeter@stpetersnewman.co.uk
www.stpetersnewman.co.uk
Principal: Mr A Hodgson

Dear Nursery Parents/Carers,

This letter is to inform you that next week on **Friday 13th November**, the children in Nursery will start their Physical Education (P.E) lessons. These are dedicated whole class lessons that will take place in the school hall and will be taught by Mrs Shaw. P.E. lessons will be on a **Friday afternoon**.

The focus for P.E lessons this term will be learning to move in different ways, through 'Music and Movement' sessions.

On this day, children will need to bring in a bag, that has their name written on, containing their P.E kit. You can buy their P.E kit from

Smart School Uniform
Tunstall Trade Park
Unit 2 Highgate
Brownhills Road
ST6 4JZ.

You have the option to order this online.



St. Peter's Catholic Academy

Waterloo Road, Cobridge Stoke-on-Trent, Staffs, ST6 3HL
Tel: 01782 235040 Email: stpeter@stpetersnewman.co.uk
www.stpetersnewman.co.uk
Principal: Mr A Hodgson

<u>All items within your child's P.E kit should have their name written inside</u>.

Your child will also practise their dressing and undressing skills whilst getting changed for P.E.

We are kindly asking parents to support their children to develop these skills at home too, by encouraging your child to take an active role in dressing/ undressing themselves. You could do this by helping them to learn the skills to achieve smaller goals such as putting on their own shoes. Once they have mastered this skill, they can work towards more.

P.E lessons are just one aspect of how we support children's physical development in Nursery. Children will also begin to take part in weekly 'Wiggle into Squiggle' and then 'Squiggle whilst you wiggle' lessons.

This is a movement based programme that develops important gross motor movements needed to prepare children for writing. Children take part in regular outdoor activities where they use a range of physical equipment and we get out the large parachute for group games every week!

Children also develop their fine motor skills through 'Dough Disco' and 'Funky Finger' challenges, such as threading and using tweezers to pick up small items.

Please ask a staff member if you have any questions about P.E lessons.

Kind regards,
Mrs Shaw (Nursery Class Teacher)