



PE Newsletter

ISSUE 7 | 2023-24
January 2024

SPRING 2 CURRICULAR PE

Lessons this half term

(up until February 16th)

7a/8a/9a Pe1 - Gymnastics*

7b/8b/9b Pe2 - Handball

10a/10b Pe1 - Net/Wall

10a/10b Pe2 - Outdoor Invasion

11a/11b Pe1 - Net/Wall

11a/11b Pe2 - Outdoor Invasion

*Bare foot or grip socks please

Lessons next half term

(up until Easter)

7a/8a/9a Pe1 - Handball

7b/8b/9b Pe2 - Cricket

10a/10b Pe1 - Basketball

10a/10b Pe2 - Fitness

11a/11b Pe1 - Outdoor Invasion

11a/11b Pe2 - Fitness



WILL & ELIJAH (YEAR 7)

Will and Elijah competed at the Regional Schools Judo contest last weekend. After Will was awarded gold medal in his category, he competed in the next weight group and was paired against Elijah! Following a tough contest that went the full length of time., Will came out narrowly on top, winning one point. Will and Elijah both lost against another competitor, so Elijah took bronze and Will silver. The boys return to competition at the National Schools Event in Sheffield in March. We wish them good luck!

Year 11 Girls' Fitness



PE STUDENT OF THE FORTNIGHT

For outstanding attitude & application in PE/GCSE Sport!

Y7: Joash G Y8: Alicia G Y9: Lauren B

Y10: Mille M Y11: Matthew C



Year 11 Boys' Table Tennis & Pickleball

We have experienced weather conditions in recent weeks that have made PE lessons a real challenge, including frosty mornings and the odd deluge of rain! Undeterred, we have endeavoured to keep calm and carry on. Year 11 have been learning a new sport, Pickleball, and an old favourite, Table Tennis in their Net and Wall Games unit. Girls' groups have been pushed to their limits in the Fitness unit, completing HIIT classes and circuit training!

It's always fascinating to see how much effort our students put in to practical lessons when they are working out to their favourite music!

Music tastes seem to have gone full circle with requests for Katy Perry from the Year 7 boys and Natasha Bedingfield from the Year 10 girls this past week!

ANY QUESTIONS? GET IN TOUCH!

Mr O. Hughes (Head of PE) - ohughes@vista.tela.org.uk



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SPRING I

EXTRA-CURRICULAR PE

Upcoming Fixtures

31/01/24: Witchford (a)

Years 8 & 10 boys rugby

Years 8 & 10 girls football

07/02/24: Witchford (h)

Years 7 & 9 boys rugby

Year 7 & 9 girls football

14/02/24: Ely (h)

Years 8 & 10 boys rugby

Years 8 & 10 girls football

28/02/24: Ely (a)

Years 7 & 9 boys rugby

Year 7 & 9 girls football

Clubs

Mon PM - Rugby (all)

- Football (girls)

Tues PM - Netball (all)

- Basketball (all)

CADEN M (YEAR 11)

Caden showed wonderful initiative by volunteering to plan and deliver a structured shooting lesson in football as part of his Sports Studies course at Vista. It was great to see him independently prepare this lesson and then confidently teach it to a group of his peers. Caden demonstrated excellent communication and leadership and we thank him for his efforts.



Year 9 Girls' Football v Neale Wade

GIRLS' FOOTBALL

It has been really encouraging to have 20+ girls regularly attending football club every Monday after school this year. The Year 7s and 8s enjoyed their first games this week and represented the academy well away to Neale Wade. The Year 9 girls recorded their first victory as a group, a resounding 4-0 win.

A special mention to Ruby P & Alicia G who were playing one year up!

STAFF DEPARTURE

It is with a heavy heart that I share with you the news of my departure from Vista at Easter. It has been great to be back in the building leading Physical Education this academic year and I am certain I will miss the hundreds of students I currently work with in both curricular and extra-curricular PE. I have even had the pleasure of seeing a number of Vista students at my football games this season - some cheering me on, others telling me to practice what I preach and show greater respect to referees! Thank you to all of the parents that have supported myself and the PE team during my time at the academy. I am a firm believer that sport and Physical Education have the power to transform lives and instil the values we all wish to see in the young people we care for. The impact this has is even greater when staff and parents pull in the same direction for the benefit of young people - for example ensuring they are prepared with full PE kit, giving permission to attend fixtures, encouraging them to try a new sport and offering words of support after a setback. I have regularly spoken to students about the importance of calculated risk-taking and challenge in their lives and I will certainly be taking my own advice in this regard by embarking on a new career which is going to be a world away from teaching Physical Education!

Mr Hughes

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