



PE Newsletter

ISSUE 8 | 2023-24
February 2024

SPRING 2 CURRICULAR PE

Lessons until Easter

- 7a/8a/9a Pe1 - Handball
- 7b/8b/9b Pe2 - Indoor Cricket
- 10a/10b Pe1 - Basketball
- 10a/10b Pe2—Fitness
- 11a/11b Pe1 - Outdoor Invasion
- 11a/11b Pe2 - Fitness

*Mock exams take place in the hall the first week back after half term (week commencing 26/02). Please ensure all students are suitably equipped to work outside on the MUGA during this period.

PE STUDENT OF THE FORTNIGHT

For outstanding attitude & application in PE/GCSE Sport!

Y7: Gracie W Y8: Caitlin W Y9: Dexter R Y10: George G Y11: Oskaras U



Year 8 Boys Gymnastics Unit of Work



Year 8 students have produced some outstanding sequence work in recent lessons. Tasked with replicating a short routine and then safely adding their own stack balances and front and back supports with linked travel, the boys choreographed many excellent pieces and demonstrated great team work and creativity. Year 9 boys meanwhile have enjoyed a unit of flight in gymnastics, using springboards, trampettes and boxes.

ANY QUESTIONS? GET IN TOUCH!

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



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EXTRA-CURRICULAR PE

Upcoming Fixtures

28/02/24: Ely (a)

Years 7 & 9 boys rugby

Years 7 & 9 girls football

06/03/24: Cromwell (a)

Year 8 boys rugby

Years 8 & 10 girls football

13/03/24: Cromwell (h)

Years 7 & 9 boys rugby

Years 7 & 9 girls football

20/03/24: Thomas Clarkson (h)

Years 7 & 8 boys rugby

Years 7/8 & 9/10 girls football

Clubs

Mon PM - Rugby (all)

- Football (girls)

Tues PM - Netball (all)

- Basketball (all)

- Sport Studies (invite)

Luella N

Congratulations to Luella of Year 7 who performed incredibly well in a recent inter-club competition. Representing Cambridge Artistic Roller Skating Club, Luella achieved her first gold as well as two silver placed finishes. Luella's 1st place finish came in a trio event. A solo dance saw Luella receive a 2nd placed finish before she achieved a further silver in the duo event. Luella shows real dedication to the sport, skating for approximately 10 hours each week! She is looking forward to a training weekend coming up where she will be meet the current men's senior world champion, Pedro Walgode of Italy. We are very proud of her achievements in roller skating and look forward to hearing of more success in the coming months and years. Well done Luella!



THE MALCOLM WHALES FOUNDATION: 10 HOURS OF SPORT

On Friday 26 April 2024, between the hours of 7am and 5pm, Vista students will be invited to participate in the 10 Hours of Sport event, raising money for The Malcolm Whales Foundation which supports a number of cancer charities. Students will be challenged to meet a fundraising target prior to the event. On the day, students will participate in a range of sports and physical activities with the aim of remaining active for a whole 10 hours. More information will follow in the coming weeks—watch this space!



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