



Brooke PE & Sport

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So what's been happening?

One of the highlights of Form VI for the children is undoubtedly the chance to undertake whole school roles and responsibilities. This is a key part of their development as individuals and why Form VI is such a special time for the children. We introduced a new role of 'PE Prefect' just last year, so I'm delighted to announce that Honey, Lexi-Mae, Darcey and William have been awarded this responsibility. They are all keen to get started in helping with leadership and organisational elements of our PE and sport provision. A great opportunity for them all.

With the start of the new hockey and rugby seasons it was great to be able to announce our new captains for these sports. As well as the pleasing way in which these children have applied themselves to and approached the opening games lessons and fixtures of this year, these captains are also chosen based on consistently positive levels of effort, attitude and performance throughout their time playing these sports in Prep-school. Many congratulations to Phoebe (hockey) and Bailey (rugby) on being awarded these accolades. A big well done also goes to Lexi-Mae and William who were given the responsibility of being vice captains. As the year progresses, we look forward to naming captains in a number of other sports, with swimming and cross country coming soon.

Swimming has started well this year, with all groups working really hard in the pool. It has been particularly nice to finally work with this year's Form I in the swimming pool, after all of their sessions fell victim to the pandemic last year. Seeing Form II swim for the first time in eighteen months has also been a real joy. We have focussed particularly on refining our front and back crawl leg kick over the past few weeks. The children's excitement and enthusiasm for swimming is clear to see and it is evident that they are all delighted to be back swimming with their classmates once again.

It has been really enjoyable running the parent's fitness club over the past half term and it has been wonderful to see a consistently good turnout. The circuit/interval training sessions offer challenge for all levels of fitness.



PE Prefects

They are conducted in a friendly atmosphere and are open to everyone so please come along on a Wednesday morning from 8:30-9am if you'd like to give it a try.

Numbers are really high again for Prep school running club on a Friday morning and all children have been working really hard in these sessions. They provided a nice supplementary training session for the recent cross-country events. We are also entering the Rutland Schools Cross Country League this year which involves a number of local primary schools, this is open to any keen runners in Forms III-VI. I'm sure we will have plenty of children interested in giving this a go over three Saturday mornings at Uppingham Community College during the next few months.

A big thank you to all parents for your support of the children during the first half term as we have bedded back into routines. I really appreciate you getting the children here bright and early for swimming and ensuring the children have the appropriate kit and equipment with them each day for PE, games and clubs. Wishing everyone a restful half term.



Rugby & Hockey Captains



Best Wishes, Mr Smith - Head of Sport