



**Executive Head Teacher:** Andrew Smith B.Ed (Hons), M.Sc, NPQH

**Head of School:** Nichola Allerston BA (Hons) (QTS), NPQH

**Learning Together for Life**

## **Market Rasen Church of England Primary School (VC)**

Mill Road, Market Rasen, Lincolnshire, LN8 3BL

T: 01673 842395 F: 01673 843866 E: enquiries@marketrasen.lincs.sch.uk

www.marketrasen.lincs.sch.uk

Monday 23<sup>rd</sup> November 2020

Dear Parent/Carer,

### **P.E Challenges**

As you are all hopefully aware, we are wholly invested in personal challenges within our P.E lessons and extra-curricular provisions. This year we have adapted our approach to still provide the children in our federation with this valuable experience. The first was a Mile Challenge that we have completed over the last two weeks. All the children took part and performed extremely well. These results will be submitted to our area School Sports Co-ordinator so that the children can compete against other schools.

This week we started a new challenge, our Skipping challenge!

The children have all had a lesson on skipping skills and have been practising at playtimes and lunchtimes. All of our children have been massively enthused by this current challenge and many of the children have told me that they would like to practice these skills at home.

As a result I have attached the links below that demonstrate the different skills that the children will be challenged to do this week.

There are 3 skills for Reception/KS1 and 5 skills for KS2.

This a great challenge to practice in the back garden and it doesn't matter if you do not have a real skipping rope. A piece of washing line, rope or even a dressing gown belt could be used.

I look forward to seeing the progress of our children within the challenge.

Key Stage 1 Welcome video – how to and what to do

[https://www.youtube.com/playlist?list=PLi\\_9ieWLnXjaGDerp9IHh2\\_gfiTcBZmwt](https://www.youtube.com/playlist?list=PLi_9ieWLnXjaGDerp9IHh2_gfiTcBZmwt)

Key Stage 2 Welcome video – how to and what to do

[https://www.youtube.com/playlist?list=PLi\\_9ieWLnXjZujecsSjrk4Tjd66mTD8Fd](https://www.youtube.com/playlist?list=PLi_9ieWLnXjZujecsSjrk4Tjd66mTD8Fd)

Yours sincerely

Mr D. Toothill

Teacher of Physical Education

---

**Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect**





**Learning Together for Life**

**Executive Head Teacher:** Andrew Smith B.Ed (Hons), M.Sc, NPQH

**Head of School:** Nichola Allerston BA (Hons) (QTS), NPQH

**Market Rasen Church of England Primary School (VC)**

Mill Road, Market Rasen, Lincolnshire, LN8 3BL

T: 01673 842395 F: 01673 843866 E: [enquiries@marketrasen.lincs.sch.uk](mailto:enquiries@marketrasen.lincs.sch.uk)

[www.marketrasen.lincs.sch.uk](http://www.marketrasen.lincs.sch.uk)

---

**Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect**



---

**Our Key Values: Caring, Honesty, Commitment to Achieve, Fairness, Co-operation, Respect**

