



# Sporting News



## PE Kit

A big thank you to so many parents for supporting our new PE kit code. It looks so smart and children are great ambassadors for Team Elloughton when wearing the kit at local sporting events.



## Cross Country

We had an amazing 49 runners attend the recent Cross Country event at South Hunsley. The efforts and perseverance shown on a challenging and competitive course was there for all to see. All our runners didn't disappoint and finished in very respectable places. Well done to all and thanks to all parents and carers for your continued support of school sport. #teamelloughton

MANY CHILDREN AREN'T GETTING ENOUGH EXERCISE. TWENTY YEARS AGO, MOST CHILDREN WALKED TO SCHOOL. NOW, ONLY HALF DO. SCIENTIFIC RESEARCH SHOWS THE LESS WE MOVE, THE MORE VULNERABLE OUR BODIES AND MINDS ARE TO ILL-HEALTH.

BUT THERE IS GOOD NEWS.

All babies, parents, carers, and grandparents get exercise and health benefits healthy family habits for life

Walking helps people of all ages reduce the risk of getting conditions like cancer, heart disease and diabetes

It improves mood, reduces stress, eases anxiety, and improves sleep

Walking helps your children arrive at school more awake and ready to learn

Regular walking helps build strong, healthy muscles and bones

Physical activity respects brain power and performance is vital

More people walking means lower cars on the roads, which means cleaner air and less traffic and congestion

You DON'T need to be fit, or meet 6 sweaty months sit—you already have everything you need to start off!

## Year 5 Football

A brand new Year 5 football league was launched this year and our exuberant footballers haven't let us down. Up to going to the press, we have played 3 games and have played some wonderful fast flowing football, the goals have been a delight to watch which has gained our 'ballers' many admirers from spectators to fellow schools alike. The children have tried so many new ideas, played new positions and always given 100% regardless of the opposition or scorelines. There's a real togetherness amongst the year group which is a joy to see.

#teamelloughton



## Sport @ Elloughton

We have been lucky enough to have had Chance 2 Shine Cricket, Hull Ionians, Active Sports and Nuffield Tennis Coaches in school over the last few weeks. They've all delivered exciting and challenging sessions to various year groups and it's been a joy to see the children meeting the challenges head on. We've built strong links with local clubs in varying sports, please get in contact with Mr Jenkinson should you require any details for external clubs.

In the near future we welcome Hull FC Foundation, Hull & East Riding Junior Futsal League and Ultimate Games delivered by Danny Clarke into school. Please ensure children have outdoor kits and trainers in school every day so they can take a full and active part in all sessions.

## Year 6 Football

The Year 6 team enjoyed a successful evening at South Hunsley going the full evening unbeaten including four clean sheets. The players all rotated positions and continued to play the passing football which they set out to do.

This was an excellent start to the year and one which promises much. #teamelloughton



Congratulations @Elloughton PE on achieving School Games Mark GOLD!

