

21 August 2017

Middle Syndicate Sport & Fitness

Dear Parents & Caregivers

This winter the Middle Syndicate students are involved in a variety of games and team-sport rotations involving soccer, hockey, ball skills, gymnastics, folk dance and running for fitness. We now welcome a coach from Auckland Badminton to school who will be teaching our classes for the remainder of the term.

Teams of Year 3 and Year 4 gymnasts have been training hard at lunchtimes and before school with Mrs Venville and Miss J. We wish them the best of luck for the Interschool Competition on Wednesday.

This year we are trialing having two fitness jogging sessions a week to improve the student's long-distance running and stamina. This will help prepare them for the Huff n Puff run in Term 4. All students must wear not only Sunnyhills fitness gear when running but also track shoes.

A team of Year 4s will represent the school at the Interschool Cross Country. They have been selected from the results recorded in our training sessions this term. The students will train with the senior school students this week to help prepare for this event and will also take part in the Senior School cross country.

Thank you for supporting the sport and fitness programmes by encouraging your child to participate to the best of their ability and at every opportunity.

Kind Regards

Middle Syndicate Teachers