

# Marwood Primary School Newsletter

19/06/20

Dear Parent/Carer

Our third week of partial opening has gone well and we have nearly all of the Foundation and year 1 children in school. Next week Class 1 will be full and Class 2 only has one space left. It has been great to see these children return though the high numbers bring their own challenge. Any year 2 Key Worker or Vulnerable children returning from now will be placed in Class 3.

I am very hopeful that we will be able to organise at least an afternoon at school for children in years 2 to 6 before the end of term on Friday 17<sup>th</sup> July. I would appreciate parents' and children's views on this.

Question for parents of children in year 2 to 6

Would you like to have a socially distanced afternoon at school before the end of term? Children would see some members of staff but not necessarily their teacher. It would be either in the hall or on the field.

Please let me know by email - [adobson@marwood.devon.sch.uk](mailto:adobson@marwood.devon.sch.uk)

Some normality returning – I have had very well written letters from children in school asking not to wear uniform every day. I will be writing back next week and hope to come to a compromise with them (wish me luck.)

Key Worker places – please continue to book by Wednesday for the following week. If you have not yet needed to have your children in school but think you will before 17<sup>th</sup> July please contact me by Wednesday 24<sup>th</sup> June. The Key Worker criteria remains unchanged.

Staffing news – Mrs East is unwell in hospital (not Covid19) and our thoughts are with her and her family.

Kind regards

Alun

[adobson@marwood.devon.sch.uk](mailto:adobson@marwood.devon.sch.uk)

MENU	WEEK STARTING	22 <sup>nd</sup> June 2020			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausages Roll & Wedges	Pizza	Hot Pork Roll	Pasta Bolognaise	Fish & Chips
OPTION 2	Quorn Sausage & Wedges		Quorn fillet	Pasta Bake	Pasty
SIDES	Carrot & cucumber	Mid potatoes  Sweetcorn	Carrot & Cucumber	Mixed Veg	Carrot & Cucumber

Assemblies – I am hoping to upload one each week until the end of term; however I am not the only presenter of assemblies who has had to go online. Below is a message from Open the Book, the Christian assembly group.

Dear Alun

We are missing coming into Marwood School for Open the Book.

We have just had an email from OtB with an online version of a Bible story read by Bob Hartman, who wrote The Lion storyteller Bible which we use. This is followed by a worksheet for children & families to do. It looks as if parents who are interested then can sign up to get the resources for themselves.

<https://youtu.be/pMSfj8hzSyg>

We wondered if you felt it appropriate to share with your parents via your weekly email

Kind regards

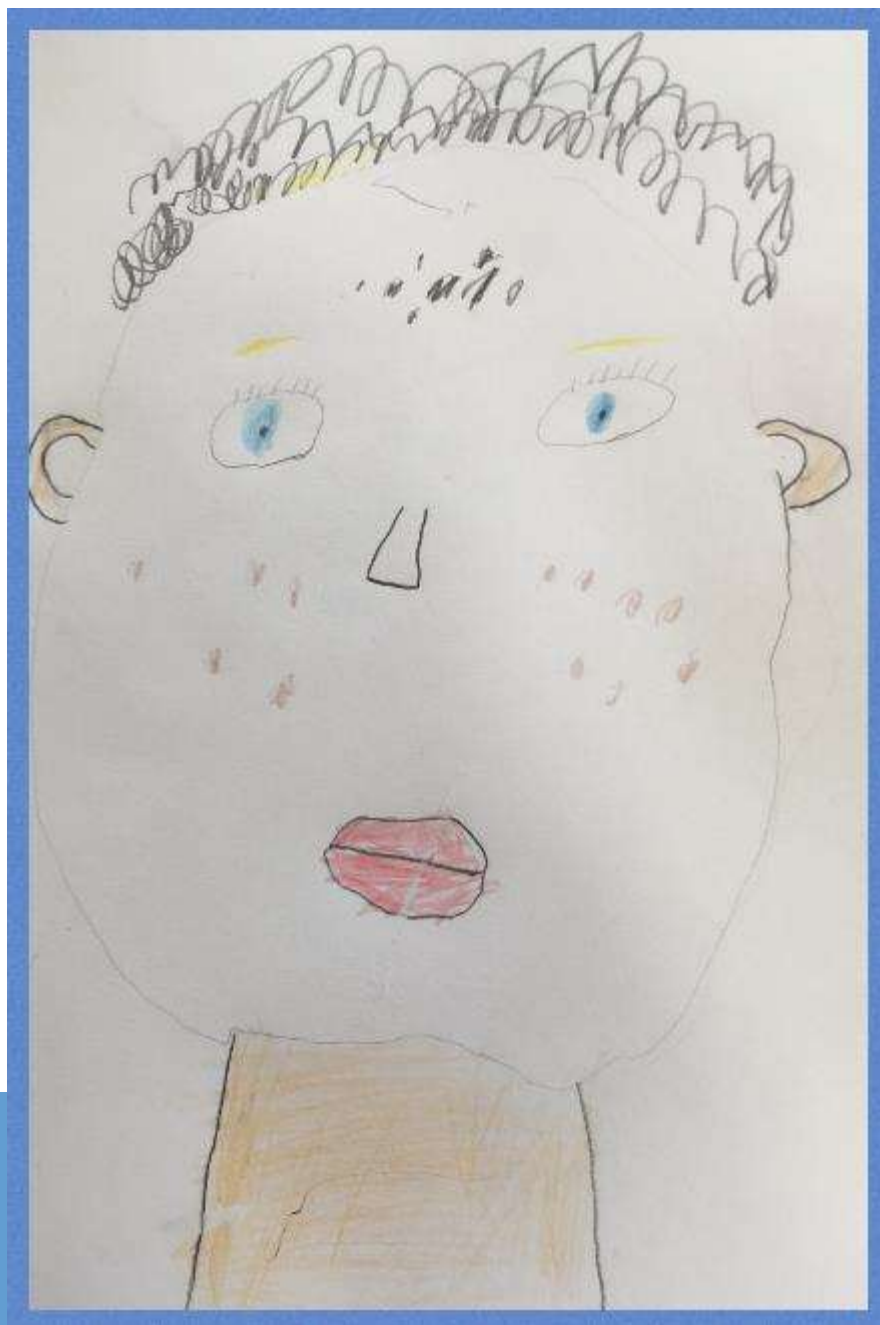
Margaret

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**Mrs Mannell** – “We did some self-portraits in Class 2 recently; can you guess who they are?”  
Frannie, Sameer, Sophie, James, India, Flo, Oliver, Finn, Flynn, Cobi-Jay

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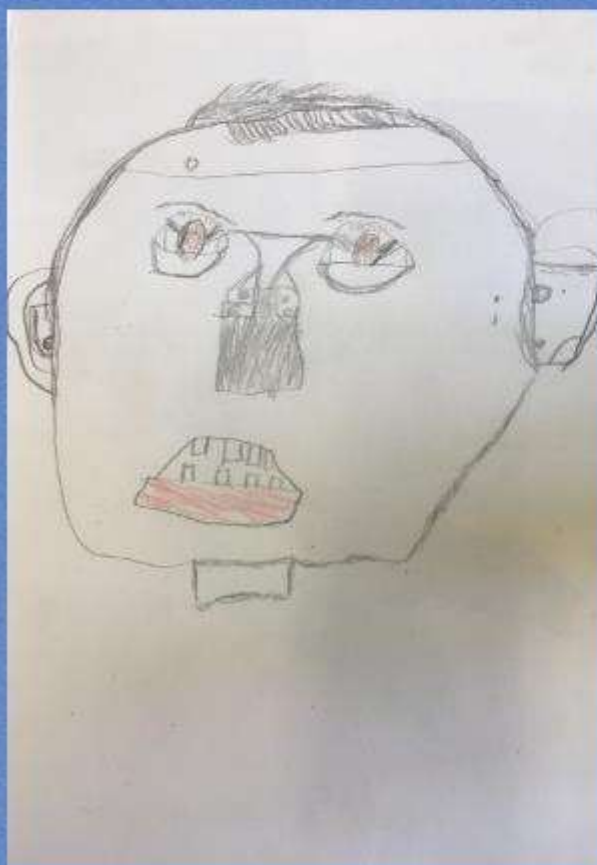
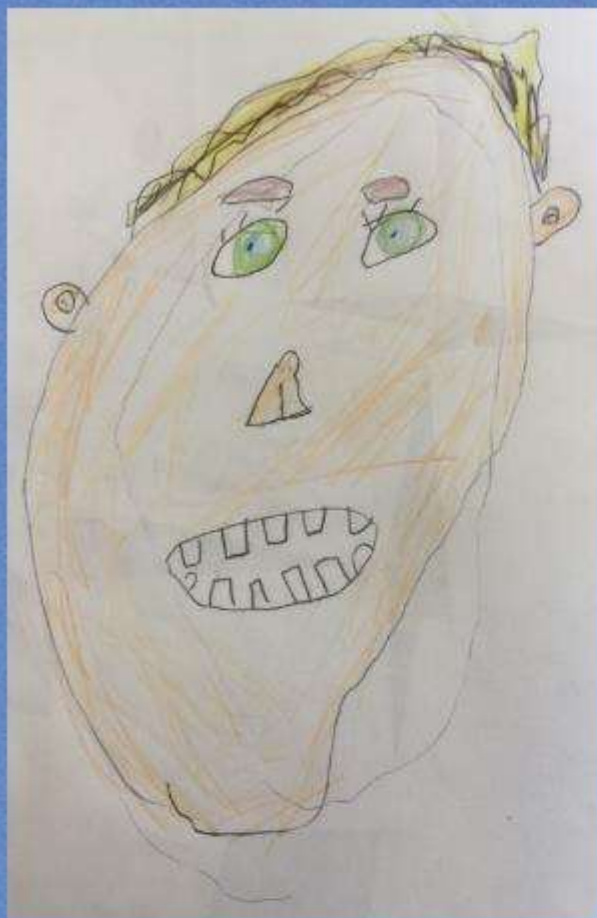
## School news...











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**Mrs Cohen & Mrs Bennett** – “In class 3 this week, we have been working very hard on our Maths, English and a variety of topic work. We are hoping to be quite good at Spanish soon! We have enjoyed rounders, badminton, running the daily mile and circuits. We've had a go at inventing our own Super Heroes! Also, sketching our friends in the class.. Can you recognise anyone? We have been singing every day as Mrs Bennett loves to sing! We are trying to have a go at Makaton Signing to some of the songs too. All of the children are amazing!”

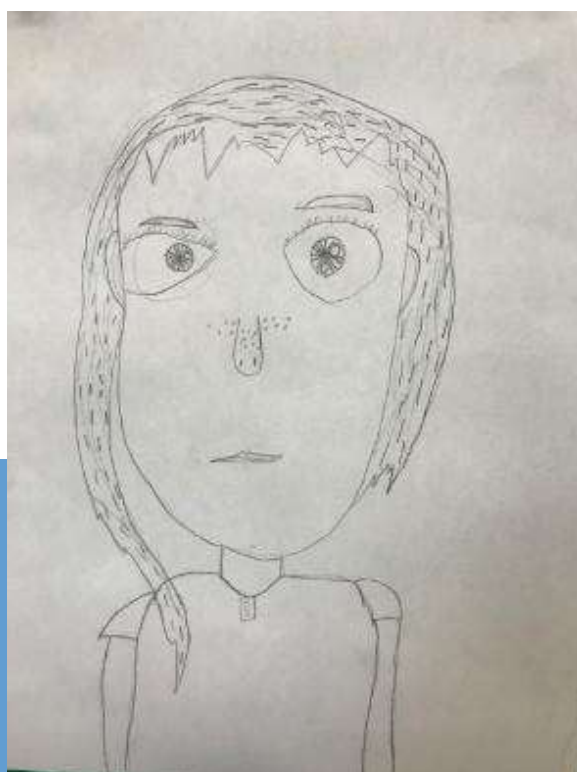
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## Lizzy

Lizzy is happy and helpful always looking out for other people. She is a normal school girl but she's always kind when anybody needs help. She and Lizzy is very brave and doesn't should easing. She has lots of friends. She has blue short hair and ~~she~~ scraped black dreads. She likes the same sort of football. She goes every day, but anywhere she goes she also brings a football or volleyball.





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*Mr Dobson- “Lunchtime on the field plus important links to Water Safety and Beach Safety”*

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**Water Safety from Home resources and Beach Safety Campaign**



## Home news...

PE Anna style....first time in three months on a pony and loving it thanks to her lovely neighbour!





Photo of Peter attempting to concentrate on an Oak National Academy video



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*Mandy shared these great photos - "Here is Freya in her little cottage garden. She says she's selling her plants for the NHS. There's sunflowers and a house plant which she took cuttings from and grew the roots in water. She's pretty good with hydroponics!!"*

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## Sportshall Pentathlon

**Opens:** 10am, Monday 1<sup>st</sup> June 2020

**Closes:** 5pm, Sunday 21st June 2020

### Overview

Welcome to the Devon *Virtual* Games Events hosted by Active Devon and the Devon School Games Organisers - it is the Devon Summer School Games with a twist!

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to team up virtually with your classmates, represent your school and compete against other children from across Devon!

The #DevonVirtualGames will run from the 18<sup>th</sup> May 2020 – 13<sup>th</sup> July 2020 with six different events for you to enter. Individuals will be able to submit their entries via an online link. The last additional event will be a set of family-based challenges which will run throughout the summer holidays. Every Monday at 10am throughout June we will post a new competition for you to get involved in. Each competition will be open for a limited amount of time. Please see below.

There will be medals, certificates, and prize categories for each event. All entries will also be included into a prize draw for the chance to win some great prizes. In addition, the school with the highest percentage of their pupils taking part will also win a prize, so make sure you tell your friends from school to get involved too!

You must ensure you are following the [latest government guidance on being active during the coronavirus outbreak](#).



## Brief Description of the Event:

The **Sports Hall Athletics Home Pentathlon** comprises 5 sports hall athletics events which you can do at home. Shuttle Run, Standing Long Jump, Vertical Jump, Speed Bounce and Target Throw.

## Before You Start:

You will need the following:

- Someone to help score/photograph/video you
- Paper and pen, to write down your scores
- Stopwatch (or a phone that can record seconds and tenths of a second)
- 'Wedge' (e.g. rolled up towel/kitchen rolls/toilet roll)
- Tape measure (ruler or make your own)
- 3 Balls (rolled up socks/tennis balls/soft toys)
- A 'bin -type' target (bin/washing basket/bucket/cardboard box)

**How to Complete the Events:** Please use the video's for further instructions or take a look at the [Sportshall Home Pentathlon page](#).

**Shuttle Run** – The time taken to complete 20 x 5 metre shuttles. Recorded in seconds and tenths of seconds. Start the clock on go and stop the clock when the runner finishes through the final shuttle. Record the time in seconds and tenths. **Always** round 100ths **up** (e.g. 10.73 = 10.8 seconds, 11.96 = 12.0 seconds).

## [VIDEO](#)



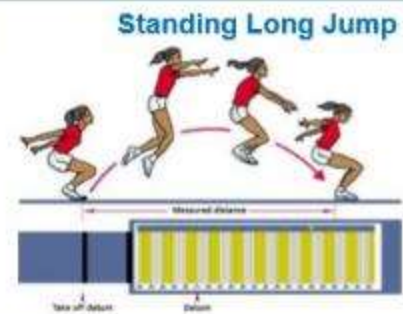
**Standing Long Jump** – Starting from behind zero cm, (taking off with 2 feet and landing on 2 feet) jump as far as you can, with the closest landing point to your starting line being your recorded score. For example, the back of the foot, or hand if you have fallen backwards. Record your score in centimetres.

## [VIDEO](#)

The participant should start from a standing position in line with "0" on the tape measure and jump as far as possible landing on two feet.

The participant must start on two feet and land on two feet. You are not required to hold the landing but if you fall back or step back the jump should not be recorded – have another go!

**PLEASE USE A FLAT / DRY SURFACE**



**Vertical Jump** – Stand with your back to the wall with your arms fully extended and make a mark at this height. Then jump up and touch the tape measure/ or printed sheet, as high as you can. The completed jump height is measured in centimetres. Your recorded score should be the difference between your height with arms extended and the height you reached when you jumped and touched the wall.

## [VIDEO](#)

The diagram illustrates the 'Vertical Jump' technique. It shows four illustrations of a person in a red shirt and white shorts performing the jump. The first shows the starting stance with arms extended upwards. The second shows the person jumping. The third shows the person landing. The fourth shows the person standing with arms extended upwards. A vertical scale is shown on the wall, with a mark made at the top of the person's reach when fully stretched. The person is shown touching the scale at the highest point of their jump.

The participant stands with their back and heels touching the wall. Both arms should be stretched upwards and legs straight. The printed scale provided should be stuck on the wall and a mark made where the top of the fingers reach when fully stretched.

Turn side on, move 20cm away from the wall, jump and touch the scale at the highest point. Record the number reached and calculate the difference between stretched height and jumped height.

If you do not have access to a printer you can use a long ruler or tape measure to measure the difference between the finger tips when stretched up and the jump height achieved.

**Speed Bounce** – Total number of two footed jumps over your 'wedge' completed in **20 seconds**.

## [VIDEO](#)

The diagram illustrates the 'Speed Bounce' technique. It shows a person in a red shirt and white shorts jumping over a yellow wedge-shaped object. The person is shown in mid-air, with their feet leaving the ground and landing on the other side of the wedge. Below the main illustration is a smaller diagram showing a person's feet jumping over a wedge, with a curved arrow indicating the path of the jump.

The participant should cross the wedge (or substitute for wedge) as many times as possible within 20 seconds.

Speed Bounce is a two-footed jump – feet should leave the mat or floor simultaneously and land on the mat or floor simultaneously.

All you need is a stopwatch or phone and a soft item – kitchen roll or rolled up towels are examples of what can be used as an alternative wedge.

**Target Throw** – Having placed a target (bucket, wastepaper bin, box) 3 meters away, you will throw 3 objects trying to land your objects in the target, after you complete this, the target should be moved 2 metres further away to a total distance of 5 metres from your start line.

You score 4 points if the object lands in the target, 2 points if it lands in the target and bounces out, or if it hits the floor before landing in the target, e.g. skidding or bouncing into the target.

## VIDEO



## Enter Your Results Online

Use this template below to keep track of your trial scores but *do not forget to complete the **online form** to submit your best score in the competition. Entries close at **5pm Sunday 21st June 2020.***

Event	Measurement	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Best Time - Distance or Points
Shuttle Run	Seconds						
Standing Long Jump	Centimetres						
Vertical Jump	Centimetres						
Speed Bounce	Number of completed bounces						
Target Throw	Points						

[Click HERE once you have completed the event and are ready to enter your results](#)

We are asking for the information below to be completed on the link above.

- First Name (s)
- Last Name Initial
- Gender
- Year Group
- Name of School
- Primary, Secondary, Home Education or Special School
- Who is your School Games Organiser?
- Record your best result ○ Shuttle Run ○ Target Throw ○ Vertical Jump ○ Speed Bounce ○ Standing Long Jump
- Can we put Devon on the National Sportshall virtual Leader board?
- Media and Privacy Statement
- Email Address to receive a certificate
- Uploading evidence (Photos or videos) is optional

You must ensure you are following the [latest government guidance on being active during the coronavirus outbreak](#).

#### Prizes:

Medals and certificates will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female in each year group. All entries will also be included into a prize draw for the chance to win some great prizes. In addition, the school with the highest percentage of their pupils taking part will also win a prize, so make sure you tell your friends from school to get involved too! **Social Media**

Why not share your favourite walk and achievements with us on social media using the **#DevonVirtualGames**:

- Facebook - @schoolgamesdevon
- Twitter - @Sgdevon
- Instagram - @sgdevon1

For the full #DevonVirtualGames Overview and Terms & Conditions please [Click here](#).

