



Mr Rutherford's PE Newsletter



Hello! I hope you and your families are safe and well in these strange times. This newsletter is to keep in touch, provide resources and give challenges for you and your families to have a go at. This newsletter will be released every 2 weeks on a Friday.



About me As I have only been here since October and because of the current situation I have not had chance to engage with many parents and introduce myself so here goes!

What is coming up?

As we are all spending increased time in front of our computer screens, I feel it is important that we stay active. Staying active will keep our brains and bodies healthy.

The 'Tankersley challenge' is going to be a little healthy competition to see which year group can run/walk/cycle the furthest (Km) in the time between the first and second Newsletter. You have 2 weeks from when you receive this letter.

Send your results to me with your name, year group, activity, and distance! do not hesitate to send me pictures of yourself taking part in the challenge as I can showcase your great work in the next letter. Send them to j.rutherford@tankersleysp.org.uk Good luck!

I completed a degree in Physical Education at Leeds Beckett university in 2017 and I have been in education ever since.

As you can see my favourite sport is Cricket with Football a close second, but in all honesty, I will try my hand at any sport. One thing I do not like is chocolate, Odd I know!

I look forward to meeting more of you when we get some normality back, stay safe!

Mr Rutherford



Have a go at these videos to stay active and challenge the mind:

<https://www.youtube.com/watch?v=DJt6ORwxKmE&safe=active>

https://www.youtube.com/watch?v=t8e4Xtr5_W0&safe=active

