

## Physical Education

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Dear Parents,

### PE Termly Newsletter Spring Term January 2016

Welcome to another exciting term with the Physical Education Department.

In the coming week's students in all age groups will be exposed to the following units during lesson times: Volleyball, Tag Rugby, (Y1/2 Ball skills and games), Gymnastics and Dance.

Currently the students are working on individually created Gymnastics routines which we will video at the end of the unit.

Towards the end of the term we will practice Cross Country Running including two trips to the Belgrade Forest to prepare everyone for the upcoming Inter-house Cross Country Race on 22 March and the Istanbul Sports League (ISL) Cross Country Race in early April.

Our sport teams will recommence training soon during after school activities and lunch break sessions.

The best chess players will be nominated to participate in the annual ISL Chess tournament hosted at BISI Zek campus on 3 March for the entire day inviting students from IICS, MEF and Gateway.

Finally, our annual ski trip will take over 50 Primary students from Years 4 to Y6 to Pamporovo/Bulgaria.

Please contact me or any member of the PE department for further questions or information.

Christian Huegel  
Head of PE

