

# 5X60 NEWSLETTER



## Llangatwg 5x60 Programme – Spring Term

We have had an excellent start to the Spring term, with lots of new and exciting activities running, below are the top 3:

1. Dodgeball
2. Table Tennis
3. Netball

Other 5x60 clubs that took place this term include; swimming dance, gymnastics and many more.

### 5x60 Festivals



This term we had a very successful lunchtime dodgeball club with over 50 pupils attending regularly. A team of 8 pupils were chosen to represent the school in the inter schools 5x60 Dodgeball Tournament which was held in Cymmer School last week. The team played outstanding and were a credit to the school.

### New Summer Term Activities...

There are lots of new and exciting activities starting in the summer term.

**5x60 Running Club** – This club is for pupils of all abilities, if you have had no experience of running, this club will teach help you with your technique. Our aim is to run in the Race For Life 5km in Llanelli on June 14th 2015. It starts the first Tuesday back after Easter, after school.

**5x60 Golf Club @ The Golf Range** - There will also be a golf club starting after Easter, where the pupils get transported by school minibus on Thursday lunchtimes down to the Golf Range. Spaces are limited and there will be a small cost for this club.

**5x60 Free Running** - We have coaches coming in to give taster sessions after Easter, and we will be looking to set up a lunchtime club if there is a lot of interest.

**5x60 Skate and Scoot** - I am looking into hiring skate ramps to set up a skate & scoot club after Easter. More information will be given after the holidays.

**5x60 Horse Riding and Surfing** - These clubs will be taking place after May Half term, more information will be given closer to the date



**IF YOU HAVE ANY IDEAS OF ACTIVITIES YOU WOULD LIKE TO SEE AT THE SCHOOL, COME AND SEE THE 5X60 OFFICER (Claire Woolfe) AND WE WILL TRY AND GET IT UP AND RUNNING!**