

SUMMER
2018

St Mary's

Catholic Primary School

Sports & P.E. News

Sports & P.E. at St Mary's

At St Mary's Catholic Primary School we value the part that physical education and sports play in educating and developing the whole child.

P.E. and sports develop both the mind and body, whilst also developing physical fitness and competence.

Research illustrates the benefit of physicality, such as greater body strength and positive movement skill development, as well as providing evidence that links physical activity to better cognitive functioning. Studies have also proved the benefit of physical activity on mental health as well as improved concentration and behaviour. The healthy, physically active student is therefore more likely to be academically motivated, alert and successful.

We are working on revising our sports curriculum and introducing a wider range of extra-curricular clubs. We believe this is having a positive impact on sports at our school. The % of children attending an afterschool sporting club during the summer term (where clubs are provided by school staff) is 40%; this is a vast increase compared to 6% attending (when PLAY provided the clubs) in the Autumn and Spring terms. The low attendance was the reason that PLAY decided it wasn't financially viable to work with a school so far away from their base in East Sussex.

Our Sports Premium Action Plan is on our website, and a summary is overleaf.

On Wednesday 6th June our school attended the annual

Knights of St Columba Football and Netball tournament.

All children who attended represented St Mary's superbly, with passion and eagerness.

The Netball team faced a difficult first couple of games but fought back to win their final game, against St Wilfrid's, with ease. They finished a well-deserved third place.

The Football team were victorious in both of their first two games, and then drew nil-nil with St Peter's. This was enough to see them lift the trophy without conceding a goal in the process!

Well done to all who took part, and thank you to adults/parents for their support.



Sports Premium Funding Plan Objectives

2017—2018

Key indicator 1: The engagement of all pupils in regular physical activity – Chief Medical Officer guidelines recommend that primary school children undertake at least 30 minutes of physical activity a day in school

- To improve health and well-being to participate and enjoy physical activities during the school day
- As a school all children to receive at least 2 hours PE per week
- Play leaders to be trained and lead by Learning mentor to run activities and events at break/lunchtimes
- Introduction of daily mile running strategy
- To improve the engagement of ALL pupils in physical activity to ensure they participate in daily sporting events



Key indicator 2: The profile of PE and sport being raised across the school as a tool for whole school improvement

- Developing the role of the play leaders
- PE leader to develop a whole school approach to PE and raise the profile and importance of sport by developing the attitude of the whole school community
- PE is part of the school development (personal development, behaviour and welfare), with its own action plan



Key indicator 3: Increased confidence, knowledge and skills of all staff in teaching PE and sport

- Ensure all staff have continuing professional development in PE so that all pupils benefit from quality first teaching



Key indicator 4: Broader experience of a range of sports and activities offered to all pupils

- Survey children and introduce new after school sports clubs – deliver CPD in order for clubs to run or pay external



Key indicator 5: Increased participation in competitive sport

- Membership to Worthing District sports association
- The attitudes, opinions and views of the whole school community will be to become more involved and competitive in sports

Sports Week

25th — 29th June 2018

Sports Day

Sports day will take place on **Wednesday 27th June.**

Key Stage 1 will start at 9.15 and Key Stage 2 at 10.15. It will finish at approximately 11.15 with the finals of our relay races.

Children will compete in their house teams and we ask that they wear a t-shirt of that colour. If they do not have a t-shirt, a band or sash of the correct colour can be worn over their usual PE kit.

If you are unsure of your child's house colour please check with your child's class teacher or the office staff.

The children will complete activities in teams based on the three key Olympic skills of running, throwing and jumping. The children will rotate around 6 different events; they will compete continuously within their time allocation and then scores will be awarded for each event.

Special awards will be given to those children displaying the Olympic values of Friendship, Respect and Excellence.

The morning will end with a prize-giving ceremony: a house cup will be presented to the winning house of each key stage and one for the overall winner.

These will be presented with house colour ribbons and displayed in school for the year.

"Wakey Wakey Shakey Shakey"

Each morning during sports week we will start the day with "wakey wakey shakey shakey". This will be a simple keep fit routine to music. on the playground, just before the bell goes for the start of the school day. You are encouraged to join in with your child.

Daily Mile

The Daily Mile is a worldwide initiative which is designed to make children fitter, healthier and happier and to have a positive impact on behaviour and concentration levels. As part of sports week we will introduce the Daily Mile. Every class will jog or run one mile each day around the school playground. Each class will complete this at different times during the day and the teacher will choose the time that will have the biggest impact for the class.

Fundraising

During National Sports week we are fund raising for two national charities.

We will be completing a "skipathon" to raise money for The National Heart Foundation.

We will also be completing our own Primary School "Race for Life" for Cancer Research. Each child will have the opportunity to run in memory or celebration of someone they know and write their name on a race card to wear; and they will each be presented with a medal on completion.

Sadly many of us will be touched by cancer; I know this as I lost my younger sister last year to breast cancer. We realise this may be a emotional morning for some members of the school and will ensure all of the support that could be needed is available.

Please donate £2 or more per family to send to these worthwhile causes.