



ST JOHN AND ST FRANCIS SCHOOL SPORTS

NEWSLETTER – NOVEMBER AND DECEMBER 2016

Lots of fun activities this November and December in PE!

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A 400m Olympic hurdler visited school on Tuesday 14th November. Find out what the children got up to by reading page 1.

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A busy November and December for our sports teams. Read page 2 to hear all about our extra-curricular activities.

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The moon, jungles, scorpion handball and more in PE!



Rhys Williams Olympian visit!

On Tuesday 14th November, Olympic hurdler and 2012 European Champion Rhys Williams visited school for the morning as part of the Super Schools initiative.

Every class were active with a warm up led by Rhys before taking part in a circuit of different activities. After, Rhys did a cool down with them, explaining the importance of exercise, drinking lots of water and stretching.

At the end of the morning, Rhys led a whole school assembly which was hugely motivating for all of the children! He did a practical demonstration, explained how he got into athletics and then went up against eight KS2 children in a team challenge....which they won!

Well done to all children for their enthusiasm!

What has your child been learning in PE?

This term has been full of lots of different adventures for the children and Miss Bryant in PE! In Reception we have been on a journey to the moon, and have just finished exploring the jungle, pretending to be lots of different animals. We even started working in small groups to practice lots of different animal

balances, trying not to wobble! In Years 1 and 2 we have also been taking a visit to the jungle, but focusing more on our seated balances, trying to stay nice and still. We have created some games to help us practice this in pairs, passing one bean bag or item to our partner. In Year 3 we have been exploring different balances in pairs and small teams, creating a sequence of different balances. In

Year 4 we have also been practicing our balances within a sequence, introducing our warm of dice frenzy! In all Years R-4, the children have been developing their social skills alongside their physical skills, and I've really enjoyed seeing them working well as a team. In Year 5 and 6 we have played 'seated' volleyball (or 'crouched' in this weather!) We have just finished learning and

playing a game of scorpion handball which is similar to netball and handball. It is played by moving on hands and knees and throwing and catching a ball. In particular, we have been developing our knowledge and use of tactics, with some of us thinking creatively about how we can use our opponent's tactics to our advantage!

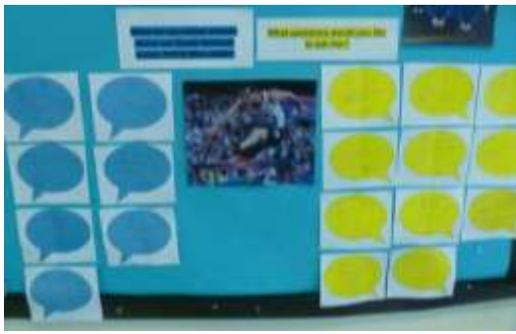
EVENTS AND FIXTURES

On Friday 4th November, 15 Year 5's took part in a swimming relay challenge at 1610 during their normal swimming session. The children took part alongside Greg Kyd.

Greg is a member of Bridgwater Swimming Club and he was swimming a marathon, 1688 lengths of the pool to raise money for MIND. We set our children the challenge of completing as many lengths as they

could as a relay team in 30 minutes. Altogether they swam 64 lengths! Well done to all of our children, and to Greg who completed his challenge in 12 hours and 17 minutes!





We strived and achieved in the past two months!

Home learning opportunities for all children and parents/carers!

In your child's PE lessons, every lesson will now conclude with a 'home learning challenge'. This will encourage your child to keep learning at home! Please ask them what this is, and maybe even join in with them!

Over the Christmas holidays see what activities you can do with your child or children. Can you get out the park? Can you go on a bike ride? Have you been on a walk? Are you playing a football match?

Try and take lots of pictures or maybe write a diary during the holidays?



November and December challenges have been accepted!

We have had an action packed November for sports events and fixtures, where our teams and children have risen to the challenges! We began on Wednesday 2nd November against an experienced St Mary's football team. Our boys did well, playing together in their first league game this season showing potential for the rest of the season. Well

done to man of the match Jono for a fantastic game! On Thursday 3rd November 40 Year 5 and 6 Playground Leaders received some training from Nancy Murdoch, the School Games organiser. They have begun leading some lunchtime activities to the whole school, and are continuing to gain experience! On Monday 14th November four boys from Years 4, 5 and 6 took part in a 1400m cross-country event at Kings College in Taunton. Well done to Sam S, Archie P, Oakley C-N and Harrison

H for a great effort and thank-you to parents for support with this. On Wednesday 16th November, the day after our inspirational visit from Rhys Williams, the Year 6 football team were prepared for another match, this time against Wembdon. We started very well, going 1-0 up but they then equalised and went on to narrowly win 2-1. A much improved team performance from our first game, well done boys. On Monday 28th November, 30 children from Years 3-6 took part

in a football festival at Bridgwater College. During this time, the children took part in a range of different football activities, led by students from the college. A thoroughly enjoyable afternoon – well done to all who took part! Well done to our football team who drew 1-1 against Eastover. Much improved since the start of the season, a great game – well done! Thank-you again to all parents for your support with extra-curricular activities.

OTHER SPORTS NOTICES

A little reminder to all Parents/ Carers: please make sure your child is equipped with the correct kit for EVERY PE lesson, including appropriate footwear and a white school t-shirt. Thank-you.

- Please ensure your child has a warm jumper, gloves and joggers or leggings for PE as the colder weather approaches.
- Please have a look at the PE section of our website to see the 2016/17 PE Premium funding plans, PE and event blogs, club information, letters and leaflets.
- Premier Sport after-school clubs for January – information is on the sports section on website.

