

# St John's Primary School

## P.E. Newsletter

### Sports Premium Funding update

Issue 2 March 2018

At the beginning of February, Emma Wood, our link governor for PE and I attended the Oxfordshire P.E. conference which was brilliant! We learnt more about the importance of the Sports Premium Funding which has been doubled this year in order to help schools achieve their aims. We picked up lots of great ideas and are now looking at how we can incorporate some of these into our provision at St. John's.

The main message Emma and I got from the conference was the importance of getting all children to move more. Some startling statistics which were shared with us, which are included in this newsletter. I led training for staff last week to share ideas with them about how to make lessons across the curriculum more active.

A copy of our new Sports Premium Funding plan is now available on the website. Please do have a look to see how we are spending our funding and what we are trying to achieve at St. John's. Please also look at the P.E. display in the hall where more information about the funding and P.E. at St John's can be found.

Mrs Colbourne  
PE Co-ordinator

### Lunchtime and After School Clubs

Some of the clubs we have been able to offer the children are:

- Gymnastics
- Zumba
- Table Tennis
- Multi-skills
- Hockey
- Netball

- Football

Huge thanks to those who have provided these clubs so far. If you are able to offer a club, please do let me know.

Some of the children have expressed an interest in the following clubs.

- Judo
- Rugby
- Athletics
- Badminton

If you interested in offering one of these clubs, or have contact details for someone/ a company who might be able to help, please get in touch!

Did you know...?

(National Statistics)

**Due to modern lifestyles, children born today are predicted to live 5 years less than their parents.**

**1/3 of children leave Year 6 over weight or obese. Data shows that St John's children are below this National average.**

**Only 1/5 of children are currently getting the recommended 60 minutes of exercise a day.**

**By the age of 7, 50% of children do not get their recommended daily activity.**

**Physical inactivity is currently the 4th biggest killer.**

# *St John's Primary School*

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*Well done St John's!*

Issue 2 March 2018

### Hockey Pitch Victory!

On Monday 19th March (a freezing cold afternoon!), the Year 5 and 6

Hockey team represented the school at a local tournament. They played extremely well and showed great sportsmanship! I am pleased to say that they won the tournament so they are now through to the South Oxfordshire finals next week.

HUGE THANKS to Emma Seymour who coached the children for the tournament as I was running the event. I really would have been stuck without her! Thank you also to all of the parents who braved the cold to support the children.



### Success on the Football pitch too!

On Thursday 8th February, 2 teams from Years 3 and 4 played in a Football tournament against other local schools. For some of the children it was the first time they had ever kicked a football, let alone played a football match! They were all absolutely brilliant and should be extremely proud of themselves. One of the teams drew in the final, however, it was too cold for a penalty shoot out so they went through to the next round which is AMAZING! The team came 5th at the South Oxfordshire final!

HUGE thanks to Mrs Hannaford and everyone who supported the team in the freezing conditions and to Mrs Brotherton and Mrs Edwards



## *Even more sporting success!*

### Sportshall Athletics Success!

A group of Years 5 and 6 children went to a Sportshall Athletics event at Wallingford School in January. They did extremely well and got through to the next round which meant we qualified and competed at the South Oxfordshire Sportshall Athletics finals at Icknield Community College in February. This event was a great experience for the children and they all did the school proud! They came 6th overall (out of 50 schools who entered) so we are very proud of every single one of them! Thank you to the parent volunteers who helped get the children to the events and supported them.



**The children will be performing the Sport Relief song 'This is Me' on Wednesday at 2:40pm. Please feel free to come and watch. Weather permitting we will be on the playground!**

**The children are being asked to bring a voluntary donation of £1 towards the charity.**

**For more information please visit**

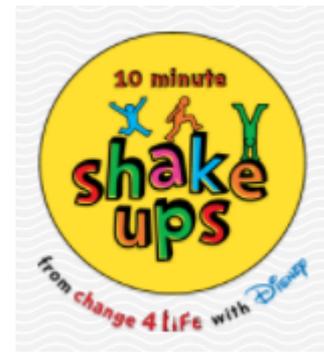
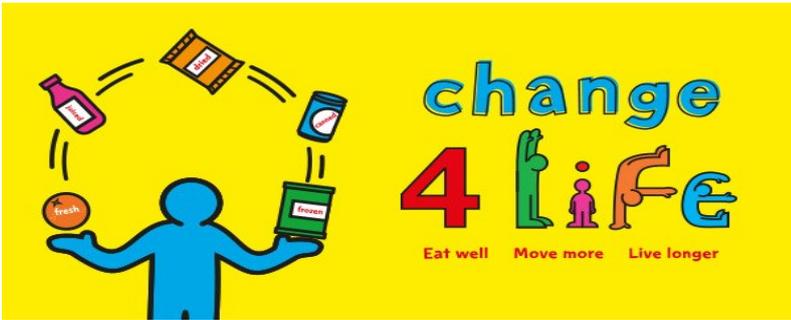
**<https://www.sportrelief.com/>**

### Sport and Activity Taster Days

I have arranged the following free taster sessions for the children to take part in:

- Cricket (Chance 2 Shine company) for KS1 and Year 3 (Thursday 8th March)
- Tennis for the whole school (Thursday 19th April)
- Yoga for the whole school (Thursday 26th April).

Please make sure your child has their full P.E. kit for each of these events.



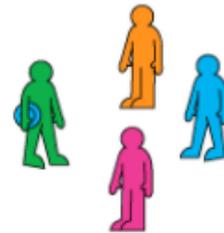
Have a look at the Change 4 Life website which is full of ideas such as how to help you and your family move more, the importance of being active, healthy meal ideas as well as how to help make your child's lunch healthier.

<https://www.nhs.uk/change4life>



# Mike's Mega Frisbee

- 1 Grab a Frisbee and stand in a big circle.



- 2 The person with the Frisbee says someone's name and throws it to them. As they throw it, they shout out a move like "SCARY FEET".



- 3 If you catch it, you do the move 5 times. If you drop it, you do it 20 times.

