

PE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



AUTUMN TERM

OUR AIMS

AT ST. BEDE'S, OUR AIM IS TO ENSURE ALL CHILDREN ENJOY AND ARE ENGAGED IN PHYSICAL EDUCATION AND SPORT. THROUGH PHYSICAL EDUCATION WE AIM TO DEVELOP THE CHILDREN'S KNOWLEDGE, SKILLS AND UNDERSTANDING, SO THAT THEY CAN PERFORM WITH INCREASING CONFIDENCE AND COMPETENCE IN A RANGE OF PHYSICAL ACTIVITIES. WE AIM TO IMPROVE HEALTH AND WELL-BEING, PROMOTE ACTIVE PARTICIPATION AND LIFELONG LEARNING, AND FOR EACH CHILD TO FULFIL THEIR POTENTIAL. OUR GOAL IS TO ENSURE THAT CHILDREN'S EXPERIENCE OF PE IS POSITIVE, MOTIVATING AND THAT CHILDREN'S ATTITUDES TO A HEALTHY LIFESTYLE ARE FIRMLY EMBEDDED IN OUR CURRICULUM.

OUR CURRICULUM THIS TERM

| | |
|------|----------------------------------|
| EYFS | Introduction to PE, Fundamentals |
| KS1 | Fundamentals, Gymnastics |
| LKS2 | Fundamentals, Golf, Dance |
| UKS2 | Basketball, Gymnastics |

CROSS COUNTRY

St Bede's were very proud to send a team of our wonderful children to the Darlington Primary Schools' Cross Country Competition. The children were all excellent representatives for our school and we were amazed by their determination, resilience and sportsmanship. A huge congratulations to Lottie, Nyle and Harlow who gained a place in the Tees Valley finals and will be representing Darlington on the 8th October.



PE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



AUTUMN TERM

WHAT HAS BEEN GOING ON?

In **Nursery**, the children are developing their balancing skills. We started the session with a game of "Scarecrows!". The children had to balance the equipment on Miss Mason and Mr B! We then chose 8 children to have a go at being the scarecrows and the other children balanced equipment on them! We played lots of others balancing games as well as games to develop our coordination. The children showed excellent listening and attention skills! Well done Nursery!



Reception have been working really hard on their balancing and throwing skills. All of the children worked really well in their teams and demonstrated amazing teamwork.



PE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



AUTUMN TERM

WHAT HAS BEEN GOING ON?

KS1 are focusing on developing fundamental movement skills in P.E this term which are essential for children's physical development and overall well-being. These include locomotor skills, manipulative skills and stability skills.



PE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



AUTUMN TERM

WHAT HAS BEEN GOING ON?

In **KS2**, children have been working on fundamental skills, which are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They are split into four main areas: agility, balance, speed and coordination.



Children have also starting practising their golf skills. They have started to explore and develop their accuracy when aiming at a target. They have also been looking at how to hold a club and practising a 'tick-tock' movement with it.



PE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



AUTUMN TERM

CLUBS AT ST BEDES

Lunchtime Sports Clubs: We currently have 2 free football clubs running on a lunchtime. On Mondays, Millie Garnett from Darlington FC runs a boys' club and on Tuesdays, Tamasin Vincent from FC Darlington Locomotives runs a girls' football club.

After School Sports Clubs: We currently have 2 after school football clubs led by Sporting Futures, which take place on a Thursday (Y1-3) and a Friday (Y4-6). These are bookable on the MCAS app. Keep an eye out for more clubs information coming soon.

ST BEDE'S FOOTBALL SQUAD

Trials were held at the beginning of the year to find out boys' and girls' football squads for the year. Thank you to everyone who took part in these. Congratulations to everyone who earned a place on the squad, we know that you will be fantastic representatives for our school. Our first matches will be the Darlington FC tournaments, with the opportunity to progress to regional and national finals (held at Wembley!)



UPCOMING EVENTS

- KS1 Multiskills: 9th October
- Show Racism the Red Card: 17th October
- Darlington FC Girls' Tournament: 6th November
- UKS2 Sportshall Athletics: 13th November
- LKS2 Sportshall Athletics: 14th November
- Darlington FC Boys' Tournament: 20th November
- Santa Dash: 5th December

Details about each event will follow...



PE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



AUTUMN TERM

HOME ACHIEVEMENTS



EDDIE, Y1, FOOTBALL



EMILY AND MYA, Y2,
FOOTBALL



ALICE, Y3, FOOTBALL



GEORGIA, Y3/4, DANCE

We have a wealth of talented sports stars at St Bede's and we are so proud of all of you. Please do not hesitate to share your sporting achievements with us. You can bring in any trophies, certificates or medals that you have received, or send in photos to the office via e-mail. We love to celebrate your achievements and are amazed by the range of activities that you all take part in.

Thank you for your ongoing support, Miss Armstrong



Scan the QR code for links to sports clubs in Darlington