

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	Dance, Fundamentals
LKS2	Dance, Fitness
UKS2	Dance, Rugby, Wheelchair Basketball, Swimming

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 Harlow, Nyle, Hayden and Freya who will be representing Darlington at the Tees Valley Cross Country on the 7th October



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CRICKET

A group of KS2 had a fantastic time at cricket, developing a range of skills while having lots of fun. They practised batting, bowling, catching and fielding, while also improving their hand-eye coordination, balance and agility. It was wonderful to see the children growing in confidence, showing determination and celebrating their achievements.



WHAT HAS BEEN GOING ON?

In **Nursery**, the children have been introduced to PE through the topic of fantasy and adventure. In **Reception**, the children have been introduced to PE through the topic of 'everyday life'. They have spent time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They have also taken part in activities to develop fundamental movement skills such as running, jumping, skipping

A group of children have also been enjoying taking part in Loco Tots, our EYFS after school club that takes place on a Thursday.

They have loved going onto the big field to practice their football skills.



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WHAT HAS BEEN GOING ON?

KS1 have been practicing their dance skills. We have used different dance moves and used them to represent different creatures. We jumped like a frog, gracefully moved like a butterfly and wiggled like a worm.



The children have worked hard to create and link movements, work together and keep in time with music using 8 counts.

They have also created a dance sequence including getting nectar, a waggle dance, busy bees travelling and landing time, using different movements to bring their bee characters to life!

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WHAT HAS BEEN GOING ON?

In **LKS2**, children have also been working on their dance skills. First, they stepped into the mysterious world of secret agents. As undercover spies, the children mastered the fundamental art of the 8-count, learning how to time their movements perfectly to the rhythm of the music. From creeping stealthily across the floor to freezing in dramatic spy poses, they have put their creativity and physical control to the test.



Using their new-found dance skills, the children explored their Roman history topic in a creative and engaging way. They worked together to communicate key facts about the Romans through movement before carefully considering how different emotions can be expressed through dance. Inspired by the theme of a Roman battle and the Colosseum, they choreographed and performed sequences that showed courage, determination, fear and victory. We were so impressed by their teamwork, creativity and ability to use dance as a powerful form of storytelling!



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WHAT HAS BEEN GOING ON?

In **UKS2**, the children have continued to develop their physical skills and confidence through a range of exciting PE activities.

A particular highlight has been the opportunity for Year 5/6 to learn a brand-new sport: wheelchair basketball. This fast-paced and inclusive sport has been challenging pupils to develop their teamwork, coordination, communication and resilience while experiencing sport from a different perspective. The sessions are helping children to understand the importance of accessibility in sport and are showing how wheelchair basketball enables athletes with and without disabilities to compete together. Children are thoroughly enjoying learning new skills, manoeuvring the wheelchairs and taking part in competitive games.

This valuable experience has encouraged respect, empathy and a greater appreciation of inclusive sport.

Year 5 will be taking part in their wheelchair basketball lessons after half term. Year 6 will have theirs after Christmas.



SCAN HERE TO FIND OUT MORE
ABOUT WHEELCHAIR BASKETBALL

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WHAT HAS BEEN GOING ON?

Girls' Football Fun Day

What a fantastic day we had at our Girls' Football Fun Day! Every girl in school, from Nursery to Year 6, had the opportunity to take part in a fun and engaging football session led by a female coach. The sessions were designed to build confidence, develop football skills and, most importantly, inspire girls to enjoy being active and involved in sport.

At St Bede's, we are committed to ensuring that all children have equal opportunities to participate, succeed and thrive in sport. Events like this support our commitment to the Barclays Girls' Football Partnership, which aims to give girls equal access to football in schools and encourage lifelong participation in the game.

It was wonderful to see so much enthusiasm, teamwork, resilience and enjoyment on display throughout the day. We hope this experience has inspired even more girls to get involved in football and continue developing their skills both in and out of school. Well done to everyone who took part!

