

# PE NEWSLETTER

ST BEDE'S PRIMARY  
SCHOOL



SPRING 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

KS1	Ball Control, Basketball
LKS2	Sportshall Athletics, Netball
UKS2	Team Games, Football

## WHAT HAS BEEN GOING ON?

In **Early Years**, we have continued to enjoy developing our balancing ability and working on our gross motor skills.



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## WHAT HAS BEEN GOING ON?

In **Key Stage One**, we have been enjoying perfecting our ball control skills and developing our ability in basketball.



In **Lower Key Stage 2**, we enjoyed practising a range of Sportshall Athletics events. We have also been developing our teamwork skills with a variety of games such as benchball. These new skills will help us as we begin to learn how to play netball.



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## WHAT HAS BEEN GOING ON?

In **UKS2**, the children have been practising their football skills. They have developed ball control by stopping the ball with the sole, inside and outside of their foot. They have also recently focused on different passing techniques!



The **UKS2** Dance Club with Miss Wilson is also well underway. Each week, they will learn a new part of a dance, sent to us from the Darlington School Games team. We can't wait to see them perform later in the Spring.



**Tees Valley  
Let's Dance 2025**

A fantastic opportunity to have fun and take part in a mass participation dance. Learn the dance week by week in 4 weeks. Videos will be sent on a Friday ready for each week:

- Week 1 – 20<sup>th</sup> January.
- Week 2 – 27<sup>th</sup> January.
- Week 3 – 3<sup>rd</sup> February.
- Week 4 – 10<sup>th</sup> February.

Mass sharing on Social Media 17<sup>th</sup> – 21<sup>st</sup> February.



### Upcoming events:

UKS2 Open Football Cup  
Darlington Swimming Gala

More details will follow soon



### LKS2 Sportshall Athletics Competition

A huge well done to our LKS2 Sportshall Athletics team who came fourth in a recent competition. They were absolutely fantastic and showed amazing determination. They were also brilliant representatives for St Bede's and we are so proud of their achievement!



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## EQUAL ACCESS TROPHY

We are very proud at St Bede's to be champions of equality for all in sport. Our commitment to providing equal access to girls in football has been recognised and we have been awarded the EQUAL ACCESS School trophy.



## PUPIL VOICE

I LOVE PE LESSONS BECAUSE  
RUNNING IS REALLY FUN AND YOU  
GET TO MOVE OF THE TIME.  
IMOGEN, Y3

PE IS REALLY FUN, I  
REALLY LIKED DRIBBLING  
THE BALL IN BASKET BALL.  
ARAZ, Y2

I LOVE PE BECAUSE WE DO  
PROPER SPORTS AND IT IS  
VERY SPORTY.  
LOTTIE, Y5

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 some active learning fun!