



PE and Sport Newsletter

“The vision of PE within St Paul’s Catholic Primary School is to inspire, challenge and motivate pupils so that they can thrive and express themselves in a wide range of sporting activities.”

A big thank you to

The team at Stockton School Sport Partnership for fantastic competitions, activity days, staff training and support.

Mrs Sharkey for updating our website and social media, organising after school clubs and helping in many different ways.

Mr C Dos Santos our PE Governor for all his support and help.

Our dedicated staff for taking children to competitions and delivering high quality PE lessons.

Our parents for being supportive, thank you for all your words of gratitude.

Our amazing children who demonstrate the spirit of school games.



Dear Children, Parents and Carers,
It has been fantastic this year to be able to be back competing and enjoying our school sport. Although the year has been affected due to Covid with some indoor competitions and festivals cancelled and having to reduce the teams we could enter for some competitions, I am proud to say that we are on track for all our Year 5 and 6's to have represented our school in a competition with our Year 3 and 4's not far behind. This year we have competed in: cross country, tag rugby, sports hall athletics, football, hockey, netball, golf, cricket, athletics and quad kids. We have had many successes including both our girls' and boys' football teams and our netball team qualifying for the Stockton finals. Our Year 6 boys' football team qualified for the Tees Valley finals and placed fourth in this competition a fantastic achievement. We had three of our cross country runners qualify for Tees Valley Finals with Sophia successfully gaining a medal. Our children have embraced the spirit of the school games showing great determination, passion and teamwork. Their behaviour whilst representing our school is something we are very proud of. They are a credit to yourselves and our school. The work we have been doing in school on My Personal Best is showing through our school teams and they have been great role models for our younger children. Our children have also had opportunities to compete in PE lessons and in the competitions our leaders have organised on a lunchtime. As well as the competitions we have entered we have been fortunate to take part in other events to keep us active. Year 5 enjoyed a Scavenger Hunt at Northfield which involved them working together. Year 1 had a great afternoon at the Multi-skills festival where they particularly enjoyed fencing. Our after-school dance club had a fantastic time at the dance festival where they performed one of their outstanding routines. Mrs Davies class took part in the Tees Valley ice festival where they showed great resilience and courage when stepping on the ice.

After-School Clubs

We are committed to delivering an extensive range of clubs to help keep our children active and have fun.

Another big thank you to:

Miss Wood for delivering excellent multi-sports and netball club and Mrs Mavi for assisting with Phase 2 multi-sports.

Emma from Scouting Sam for our Forest School Club.

Sam from Urban Kaos for dance club.

Ethan, Poppy and May from National Elite Sports Coaching for our football clubs.

Mikey and Robbie from Infinity Football Skills for our lunchtime clubs.

Leaders and Sports Council

Our Year 6 leaders this year have been fantastic. In September all Year 6 had leadership training. The children have been involved throughout the year in a variety of jobs including: leading active lunchtimes for our younger children, organising lunchtime competitions, tidying up PE equipment, assisting in after-school clubs, promoting active events and interviewing and writing reports. Please see overleaf some of the reports our children have written. Staff have commented on how valuable and how hard working our leaders are especially in planning and organising lunchtime events. The activities they have done to encourage our children to become more active have been engaging, well thought out and delivered professionally. They have been good role models for our year 5 children who are having a hard act to follow!

Our Sports Council continue to meet to discuss how to improve PE and School Sport. They were responsible for collecting Pupil voice questionnaires from all our children. I am pleased to report that the majority of children in our school enjoy PE and know what they need to do to improve. The Sports Council have been actively encouraging children in active travel encouraging children to find alternative ways to travel to school other than the car if possible.

Well done to our Sports Council and Leaders who have worked so hard this year.



PE and Sport Newsletter

"The vision of PE within St Paul's Catholic Primary School is to inspire, challenge and motivate pupils so that they can thrive and express themselves in a wide range of sporting activities."



Football

Some of us went to a football competition at Northfield School. There was a boys and a girls competition. We interviewed some people who took part.

Firstly the girls team. Apparently they showed good teamwork and passed well to each other. When a team member was being tackled another member of the team came to help out. The referee was fair and didn't have a favourite team and watched clearly to see if the goals were right. Their coach gave them good advice and helped their performance. It was their amazing teamwork that helped them win, 12 goals scored, we are proud of them. Everyone was happy and proud of themselves.

The boys team told us they were happy and had no complaints. Their coach told them the right places to go and gave good tips on how to score. They persevered, showing determination and they won! The games were equal and fair and they really enjoyed it. Both teams did amazing, both teams won and were through to the Stockton Finals.

By Emily and Samuel

Forest School

Forest school is a new after-school club for key Stage 1 and they love it. They find out about nature and explore the World around them. They particularly like the crafts they make and the camp fire. They always look very happy whilst they are there. It takes place on a Wednesday. Two of the playleaders assist this club helping the younger children and they really enjoy it too.

By Evie and Grace.



We at St Paul's love sports and it is not just sporty students, we have amazingly active staff too. We have been interviewing school staff and asked them what they do to keep active. We also wanted to find out about their healthy lifestyles and what motivates them and what they find difficult.

Mrs Jones enjoys a healthy diet she particularly enjoys salads and pasta. She finds chocolate hard to resist (a lot of staff said this). For exercise Mrs Jones enjoys walking. Unfortunately, she has arthritis which stops her from doing some exercise. We thought this showed great resilience because although it was difficult for her to exercise she didn't give up.

Miss Wilberforce also likes to walk as a way to keep fit and healthy. Something that motivates Miss Wilberforce is spending time with her family whilst she is walking. If she had more time she would like to take part in some different activities.

If Mrs Peacock had more time she would like to play badminton. What stops her is being so busy with her job. She does like to exercise though especially walking her dogs as she enjoys being out in the fresh air. She has a healthy lifestyle making sure she eats plenty of fruit and vegetables. Again she finds chocolate hard to resist.

We found out Miss Wood goes to the gym a few times a week and takes her dog for long walks at the weekend. If she could play a different sport and have more time she would like to play adult netball or go dancing something she enjoyed as a child. She eats healthily enjoys fruit and vegetables and again she finds chocolate difficult to resist.

We found out that all our staff enjoyed some exercise and they would do more if they had more time. They all tried to eat a healthy diet but found chocolate hard to resist!!

By Emily, Sammy, Paddy