



INSIDE....BOCCIA, ATHLETICS,
FOOTBALL, AWARDS, OUR
WORK THIS TERM, ST MARY'S
SUPERSTARS!

Autumn Term 2024

St Mary's Sports News

ISSUE 6



FOOTBALL CAME HOME!



DOUBLE CHAMPIONS!

GIRLS' FOOTBALL

A THREE-PEAT!



ST MARY'S MADE IT 3 WINS ON THE TROT
AT THE LATEST WALTHAM FOREST
GIRLS' FOOTBALL TOURNAMENT!

A TREMENDOUS ACHIEVEMENT ONCE
AGAIN AS OUR VERY OWN LIONESSES
TRIUMPHED FOLLOWING A TENSE FINAL!

THEY SCORED 18
TIMES IN 9
GAMES, ONLY
CONCEDING ONCE
(IN THE SEMI
FINAL AGAINST
YARDLEY).

IN THE 3 WAY FINAL A
2-0 WIN AGAINST
CHINGFORD COFE & A
0-0 DRAW AGAINST
AINSLIE WOOD WAS
ENOUGH TO RETAIN
THE TROPHY!



BOYS' FOOTBALL

UNBEATABLE!



THE BOYS MADE IT A DOUBLE FOOTBALL SUCCESS FOR ST MARY'S THIS SEASON WITH A SUPERB PERFORMANCE AT GOALS IN THE BOROUGH CHAMPIONSHIP!

THEY SCORED 23 TIMES IN 8 GAMES, ONLY CONCEDED TWICE!

THEY SHOWED EXCELLENT FOCUS AND DETERMINATION, TWICE COMING FROM BEHIND AT VITAL STAGES TO REMAIN UNBEATEN!

IN THE 3 WAY FINAL A 3-0 WIN AGAINST CHINGFORD COFE & A 2-1 WIN AGAINST PARKSIDE WAS ENOUGH TO WIN THE TROPHY!



ESSEX FOOTBALL FINALS



OUR INCREDIBLE GIRLS' FOOTBALL QUALIFIED FOR THE ESSEX FINALS AT BILLERICAY TOWN FC!

PLAYING AGAINST THE BEST 16 SCHOOLS IN THE COUNTY WE FOUND THE CHALLENGE A DIFFICULT ONE LOSING 2 GAMES AND DRAWING THE OTHER IN OUR GROUP.



THE TEAM WORKED EXTREMELY HARD, SHOWING GREAT COMMITMENT AND SKILL AND WERE A CREDIT TO THE SCHOOL!



THE DAY WE MET JOE WICKS!



THANKS TO OUR MARVELLOUS PTA WE WERE SELECTED TO BE PART OF THE LAUNCH FOR ASDA'S NEW "CASHPOT FOR SCHOOLS" CAMPAIGN

WE WERE TREATED TO ONE OF JOE'S FAMOUS INTENSIVE HIIT SESSIONS BEFORE WE TAUGHT HIM 2 OF OUR FAVOURITE GAMES!



WE THEN ENJOYED REFRESHMENTS COURTESY OF ASDA!

SPORTSHALL ATHLETICS



Y5&6 CHILDREN
COMPETED IN A HUGE
BOROUGH ATHLETICS
COMPETITION! OUR
TEAM OF 18 HAD TO
COMPLETE 2 TRACK
EVENTS AND 2 FIELD
EVENTS EACH, WITH ALL
SCORES COUNTING
TOWARDS A TEAM
SCORE. WE ARE STILL
AWAITING THE RESULTS
WITH INTEREST!

Y3&4 GIRLS' FOOTBALL



Y3&4 CHILDREN HAD A GREAT TIME AT THE GIRLS' FOOTBALL FESTIVAL AT PETER MAY!

WE WORKED ON A CAROUSEL OF GAMES AND CHALLENGES DESIGNED TO IMPROVE OUR AGILITY, BALANCE AND COORDINATION!

WE LIKED THE "DRIBBLE & SHOOT" CHALLENGE BEST,

BOCCIA



OUR BOCCIA SQUAD
COMPETED IN THE WEST
ESSEX REGIONAL
CHAMPIONSHIPS AT EPPING
ST JOHN'S SCHOOL.

WE PLAYED 14 GAMES BETWEEN THE
TWO TEAMS, WINNING 5, DRAWING 4
AND LOSING 5.

THE LEVEL OF PLAY WAS HIGH AS WAS
THE SPORTSMANSHIP SHOWN BY OUR
TEAMS!



GETTING STARTED

BOCCIA BASICS



What is Boccia?

A game of precision, skill and tactics. The aim of the game is to get your ball as close to a white target ball as possible.

Getting Started



Who can play?

EVERYONE. Boccia is a seated sport which can be adapted to include all disabled people. The sport is loved by people of all ages and is a great way to get the least active involved in sport.

What equipment do I need to play?

A boccia set consists of six red, six blue and one white leather balls but any small balls will do. If your players cannot throw a ball they can still play using a ramp.

The court

Boccia can be played on any flat surface
A true boccia court looks like figure 1.
But a boccia court can also look like figure 2.

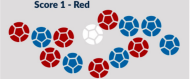
The game

- 1 A player throws the white ball into the court
- 2 The same player throws their first coloured ball to try and get as close to the white ball as possible
- 3 The opposing player throw a coloured ball towards the white ball
- 4 The side who is not closest to the jack will then play next. This pattern is continued until all the balls have been played
- 5 Players get a point for every ball they have closer than the opposition (see example below)
- 6 The primary rule you need to stick to is that boccia is a seated sport

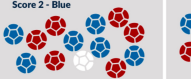
Boccia can be played as an individual, in pairs or as teams of 3.

SCORING EXAMPLES

Score 1 - Red



Score 2 - Blue



Score 3 - Red



Boccia Boost provides a range of support to clubs available online including additional resources and accreditation




www.bocciaengland.org.uk/pages/category/clubs

WHAT NEXT?

Why not book a Boccia Leaders Award, find a local club, enter your first competition or purchase some equipment? Visit www.bocciaengland.org.uk for more information.

Join Boccia England for a range of benefits including monthly updates, shop discounts and free club insurance.





@bocciaengland @BocciaEngland @bocciaengland

YEAR2 CROSS COUNTRY



YEAR 2 TRAVELLED TO PETER
MAY FOR THE DISTRICT
CROSS COUNTRY!

WE RAN TREMENDOUSLY
WELL AND MANAGED TO PICK
UP 2 TEAM SILVER MEDALS!

GREAT JOB EVERYONE!



OUR P.E IN AUTUMN

LEARNING OBJECTIVES
ACROSS ALL YEARS

DEMONSTRATE
MOVEMENT SKILLS IN A
VARIETY OF SETTINGS

PARTICIPATE IN TEAM OR
GROUP ACTIVITIES

UNDERSTAND, DEMONSTRATE
AND APPLY THE SKILLS NEEDED IN
INVASION GAMES (ATTACKING &
DEFENDING GAMES)

LEARN,
REFINE, APPLY &
TRANSFER MOVEMENT &
COORDINATION SKILLS IN A
VARIETY OF DYNAMIC AND
CHANGING CONTEXTS

SELF MANAGEMENT, DECISION
MAKING, PROBLEM SOLVING AND
TACTICS

COMMUNICATION,
COLLABORATION, INCLUSION,
POSITIVE RELATIONSHIPS

ENTHUSIASM, PARTICIPATION AND
ACTIVE INVOLVEMENT

PE AMBASSADORS

CONGRATULATIONS TO
OUR LATEST AWARD
WINNERS!



YEAR 1

AUTUMN TERM 1

MARTHA LEBE

AUTUMN TERM 2

HUDSON EVANS

YEAR 2

AUTUMN TERM 1

KAITO IDOKO

AUTUMN TERM 2

OLIVIA MOLLOY

YEAR 3

AUTUMN TERM 1

LEO BRENNAN

AUTUMN TERM 2

ARIANNA IDOKO

YEAR 4

AUTUMN TERM 1

MOLLY ERCAN

AUTUMN TERM 2

HECTOR PICKETT-
PRIETO

YEAR 5

AUTUMN TERM 1

LANA DUJON

AUTUMN TERM 2

DYLAN KRAMO

YEAR 6

AUTUMN TERM 1

CORA KING

AUTUMN TERM 2

LIAM COX

AWARDS ARE RESET
EACH SCHOOL YEAR,
MAKING IT POSSIBLE
TO WIN ONE EACH
SCHOOL YEAR!

2024-25 BADGES
ARE GREEN!



School Games Mark

2023/24



The focus for School Games Mark 2023/24 remains constant and continues to be positioned as a tool aimed at helping schools effectively reflect on their engagement in the School Games. The award is centred around the principles of the School Games outcomes and schools will need to demonstrate their engagement with their local School Games Organiser. This will be done through the levels of bronze, silver, gold and platinum.

The purpose of School Games Mark: to reward and recognise a school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active.

The **outcomes of School Games Mark** and the School Games are linked. Schools will need to demonstrate how they are/have:

- 1** Maintaining and growing your school's engagement in the School Games and your delivery of the Chief Medical Officer's (CMO) **60 active minutes for every child or 20 minutes for SEND young people.**
- 2** Delivering and engaging in competitions that has **clear intent** and creates **positive experiences** based on the motivation, competence and confidence of your young people that need support most.
- 3** A clear focus on **transition points** (e.g. Yr.3 and Yr.6/7 as well as those in three tier systems) and how **secondary** schools are engaging in the School Games.
- 4** Supporting the personal development of targeted young people through **youth engagement and leadership.**
- 5** Advocating and engaging key stakeholders on the **value of the School Games** to support local provision and improve the experiences for your young people and their families.



60 active minutes

Do your kids get theirs every day?



change
4life
Eat well Move more Live longer

for more info
search online for
Change4Life

60 active minutes

Kids don't need to get their 60 Active Minutes all in one go – they can clock them up bit by bit through the day.

It doesn't matter how your kids get their 60 Active Minutes a day – in fact variety is good. Different activities are good for different aspects of their health. Here are a few ideas for fun ways to get your kids to move more:

1. Play

It's what kids do best and enjoy the most. Running around in the playground, park or garden, having fun with their friends and burning off energy are great ways of getting some (or all) of their 60 Active Minutes each day. Indoors or outdoors – why not join them?!

2. Walk

We tend to rely on cars and buses to ferry the kids around these days – often for short hops when we could be using our feet. Instead of jumping in the car or on the bus, next time think about walking together. It saves money and for short trips it's often almost as quick. If you do need to travel by bus or car, you could always stop a bit early and put your best foot forward for the rest of the journey.

3. Dance

Dancing is a really fun way of burning heaps of energy. It doesn't have to be at a dance class – you can make up your own routines and dance to the radio or in front of the TV. All you need is a great tune and you and your kids can have fun dancing anywhere.

4. Swim

Whether it's lengths of the pool or having a good splash about with friends or family, kids love spending time in the water. Next time you want to treat them, think about a trip to the pool.

5. Bike

Cycling is a great alternative to the car or bus, and can be much more convenient too – no waiting around, no traffic jams or parking problems, and no parking charges either. You don't even need to have somewhere to get to, just getting the kids out for a bike ride is a great fun activity and cycling is a great skill for them to have.

6. And it doesn't end there

Activity doesn't have to cost anything. It needn't mean joining a gym or sports club (although that's great if that's what your children like). Going outside is free and fun is the best gym. So remember – any kind of activity counts towards your children's 60 Active Minutes.

Kids under 5 need lots of time to take part in active play. Providing lots of chances for kids to explore and play, both inside and out of the home, for short spells every day, is really important to their healthy development.

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- ✓ Vitamin B2 to aid energy release
- ✓ Potassium to regulate fluid and blood pressure
- ✓ Phosphorus to strengthen bones and generate energy in the cells
- ✓ Iodine to support healthy cells and metabolism

Our milk is supplied with financial support from the Department of Health and DEFRA.



For more information, ask a member of staff.



AUSTIN & PEARCE
WITH THEIR
KICKBOXING BLACK
BELTS!



NIALL TRAINING AT
WEST HAM'S
EMERGING HAMMERS
SESSIONS

ST MARY'S SPORTING SUPERSTARS



TRAINOR'S SCHOOL
OF IRISH DANCING

Trainor School of Irish Dancing

info@trainorschool.co.uk

Bernadette Trainor BGCRG/ADCRG/TCRG 07763 584790 • Debbie Trainor BGCRG/ADCRG/TCRG 07979 495519

Classes in North & East London, Hertfordshire
Chingford, Highams Park, Enfield, Winchmore Hill



ST MARY'S CLUBS & ACTIVITIES

Emma Pierce
YOGA



Children's Yoga and Mindfulness

These classes help children to still their nervous systems and regulate their breath which puts them into the optimum state for learning and enhance a sense of wellbeing and calm. Through story telling – especially using stories from the animal kingdom/natural world – we explore postures and stretches creatively through imagery and play with the emphasis being on fun to spark their imagination and creativity. This gives them the gift of self-awareness, nurturing their self-esteem and confidence. We finish with calming mindfulness activities which settle a busy mind in a safe and nurturing environment.

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