



INSIDE.....
PANATHLON NEWS!
PE AMBASSADOR AWARDS PLUS
NEWS OF OUR EXCITING NEW
PE COMMITTEE!

March 2025

St Mary's Sports News

ISSUE 7



MORE FOOTBALL NEWS!



DETAILS OF 3 MORE FOOTBALL
COMPETITIONS INSIDE.....

YEAR 3&4 FOOTBALL



WE SENT A BOYS' SQUAD AND A GIRLS' SQUAD TO GOALS CHINGFORD TO COMPETE IN THE BOROUGH CHAMPIONSHIPS RECENTLY.

EACH TOURNAMENT HAD AT LEAST 36 TEAMS AND BOTH SQUADS DID AMAZING JOB!



THE GIRLS WON THEIR GROUP STAGE AFTER WINNING 4 AND DRAWING 1 BEFORE LOSING THE 1/4 FINAL AGAINST EVENTUAL CHAMPIONS CHINGFORD COFE 0-3.

HIGHLIGHTS WERE A COUPLE OF THUMPING 5-0 WINS!



THE BOYS WERE DESPERATELY UNLUCKY TO FINISH 2ND TO AINSLIE WOOD. AFTER FINISHING RUNNERS UP IN THE GROUP WITH AN UNBEATEN RECORD OF 4 WINS & 1 DRAW, THEY DEFEATED SYBOURN IN EXTRA TIME IN THE 1/4 FINALS, BEFORE A COMFORTABLE 3-0 WIN IN THE SEMI FINAL!

THE 3 WAY FINAL WAS ON A LEAGUE BASIS AND THEY STARTED WITH A CREDIBLE 0-0 DRAW.

THEY ENTERED THE FINAL GAME AGAINST AINSLIE WOOD KNOWING THAT A WIN WOULD SEE THEM CROWNED CHAMPIONS.

WITH 2 MINUTES LEFT, WE TRAILED 1-2 BUT RECOVERED TO SCORE TWICE!

UNFORTUNATELY FOR US, AINSLIE WOOD SCORED A GOAL WORTHY OF WINNING THE TOURNAMENT WITH 32 SECONDS LEFT!

IT WAS BREATHTAKING STUFF!

YEAR 5&6 FOOTBALL



WE TOOK THE "B" SQUAD TO THE LATEST FOOTBALL TOURNAMENT AT GOALS CHINGFORD RECENTLY.

A RECORD 38 TEAMS WERE IN ATTENDANCE AND OUR BOYS REPRESENTED THE SCHOOL BRILLIANTLY!

DESPITE MANY PLAYING THEIR FIRST ORGANISED TOURNAMENT AND NEVER PLAYING TOGETHER AS A TEAM, THEY IMPROVED SO MUCH TO EVENTUALLY FINISH WITH RECORD BREAKING SCORE LINES!

THEY NEVER ALLOWED HEADS TO DROP DESPITE LOSING THEIR FIRST 4 GROUP GAMES.

THIS PERSEVERANCE WAS REWARDED WITH A THUMPING 6-0 WIN IN OUR LAST GROUP GAME!



THEY FINISHED THE DAY WITH A THRILLING 8-3 WIN AGAINST COFE "C" TEAM!

PANATHLON



WHAT A GREAT DAY AT THE
PETER MAY PANATHLON
CHAMPIONSHIP!

WE TACKLED A SERIES OF
DIFFERENT TEAM CHALLENGES TO
FINISH IN 4TH PLACE!



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

HOUSE CAPTAINS

CONGRATULATIONS TO OUR
NEWLY APPOINTED HOUSE
CAPTAINS!

THEY WILL MEET MONTHLY TO HELP SHAPE THE PE
CURRICULUM GOING FORWARD AND TO SHARE THE
VIEWS OF THE PUPILS TO SLT.

AFTER SUBMITTING A PERSUASIVE LETTER
DETAILING THEIR ATTRIBUTES AND SHOWING WHY
THEY SHOULD BE CONSIDERED, WE SELECTED A
HOUSE CAPTAIN AND A DEPUTY FROM YEAR 6.



THEY WILL ALSO BE RESPONSIBLE FOR
SETTING A GREAT EXAMPLE AROUND THE
SCHOOL AND TO COLLECT HOUSE POINTS ON A
WEEKLY BASIS.

HOUSE POINTS WILL BE AWARDED FOR
ENTHUSIASM, MANNERS, EFFORT, SKILL AND
ACHIEVEMENT!

HOUSE POINTS WILL BE ADDED TO THE SPORTS
DAY SCORES TO DETERMINE THE SPORTIEST
HOUSE EACH YEAR!



OUR P.E IN SPRING

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
NET GAMES (TENNIS, VOLLEYBALL,
BADMINTON)

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

OUR P.E IN SPRING

RECEPTION YEAR ARE ALWAYS WORKING ON MOVEMENT AND COORDINATION!



OUR P.E IN SPRING

YEARS 5&6 LEARNT SKILLS, TACTICS AND RULES OF VOLLEYBALL FOR THEIR "NET GAMES" MODULE. THEY ARE MOVING ONTO CRICKET NEXT FOR THEIR "STRIKING & FIELDING MODULE".



YEAR 3&4 HAVE BEEN DEVELOPING COORDINATION THROUGH DIFFERENT WAYS OF CATCHING SMALL BALLS.



THEY HAVE PRACTICED SOLO, WITH PARTNERS AND LATELY BY CATCHING A BALL FROM A BATTER.

THEY HAVE LEARNT DIFFERENT HAND POSITIONS FOR CATCHING BALLS AT DIFFERENT HEIGHTS.

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!



BASKETBALL

YEAR 5 CHILDREN WENT TO WALTHAMSTOW ACADEMY TO COMPETE IN THE BOROUGH BASKETBALL TOURNAMENT.



DESPITE LACKING EXPERIENCE THEY COMPETED WELL IN A STRONG FIELD.



THE MAJOR DIFFERENCE WAS IN THE SHOOTING, BUT WE SCORED SOME MEMORABLE BASKETS!



WE PLAYED 6 MATCHES, WINNING 2, DRAWING 1 AND LOSING 3.

WE'RE NOW LOOKING TO REPLACING OUR BROKEN HOOP!



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?



for more info
search online for
Change4Life

change
4life
Eat well Move more Live longer

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.

© Crown copyright 2010. C4L163 Families poster 7 60 Active Minutes March 2010. Produced by COI for the Department of Health.

BOOST THEIR HEALTH HYDRATION DEVELOPMENT



with free & subsidised
SCHOOL MILK

Register your child online at www.coolmilk.com

Our school works with *Cool Milk*
to provide fresh school milk!

Register online today at
www.coolmilk.com

- ✓ Calcium for strong bones and teeth
- ✓ Protein for muscle repair and growth
- ✓ Vitamin B12 to boost the immune system
- ✓ 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.

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.

emmapierceyoga@hotmail.com @emmapiercechildrencyoga

