



PE AWARD WINNERS NAMED!

Ambassadors for December and
January revealed!



NETBALL NEWS INSIDE!

February 2024

St Mary's Sports News



ISSUE 1

Welcome!

We've been busy this half term.

Find out about our sporting
successes and endeavours in this
issue!



Panathlon Champions!

JANUARY 25th

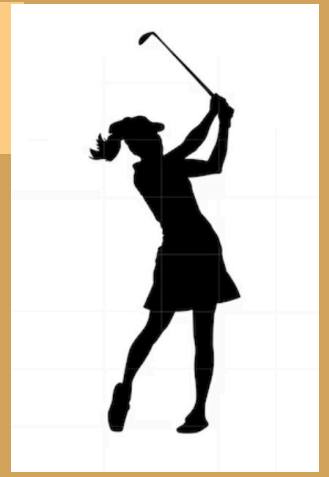
7 children travelled to Peter May for another panathlon event. We competed in a range of different challenges which tested our coordination, agility and balance. We demonstrated amazing support for our team mates as we tackled the target throw, bullseye, penalty shoot out, golf, Velcro darts, coconut shy, skittles, basketball and curling!

Each section had its own points system and referees, and we only had a limited amount of time to complete the challenges. We ended up with a few "challenge records" and eventually came out as champions!

Squad: Isabelle, Lois, Hugo, Alan, Elliott, Thomas, Louis.



Tri Golf



18 January

We took 10 children from years 3&4 to represent the school in a Tri Golf competition at the Peter May centre.

Our budding Tiger Woods' and Nelly Kordas soon got to grips with the challenges ahead with some amazing putting on the first few sections. Although we were against the clock we had to ensure that we remained calm enough to focus and strike the ball with just enough power to hit the targets! Events were of a "relay" nature so after hitting our shot we had to race across the "hole" to retrieve the ball. You can imagine watching it was like!

We capitalised on our solid start by then setting course records for some of the challenges before finishing with some "chipping" exercises! These were tricky as we had to trust the golf club to lift the ball over obstacles and into the target area. It was very different from the putter but we got better and eventually played well enough to finish as tournaments runners up! Not a bad effort at all considering there were 16 schools competing!

Squad: Georgiana, Poppy, Victoria, Lana, Valentina, Elio, Austin, Daniel, Mykile, Hector



NETBALL

8th February

Our novice netball squad took the long journey (traffic!) to Leyton to compete in our first netball tournament. Despite limited practice and playing on a full sized court with 9ft posts, they acquitted themselves superbly against strong opponents.

The large court and playing "High 5s" (without WA & WD) put a premium on fast passing and moving into space. We showed our potential by scoring in the first minute of game one against Mayville after a fantastic, fast passing move! Our opponents then kept possession superbly and took advantage as we tired in the second half. Their ruthless shooting resulting in a 1-3 loss.

Game two was incredible. We had to rotate positions to give us the well rounded experience of the game. This didn't affect us as we scored 11 unanswered goals against St Joseph's! The team played some incredible netball, pressing their opponents relentlessly and keeping the ball in the goal third!

Full of hope and optimism of qualifying for the semi finals we changed positions again and sadly were defeated to a late goal against Hillyfield Hill, losing 1-2. These were our strongest opponents who transferred their basketball skills superbly onto the netball court.

The girls played well and adapted to the challenges brilliantly!

Squad: Emily, Lucia, Jade, Leah, Sara, Clara, Ellie, Chisa, Sofiya.



Intervention programs

We've been running daily interventions to help improve our children's movement confidence! We're also using them to help older children develop communication and coaching skills as they help the KS1 pupils across various challenges! Here are some pictures of the work we've been doing recently.....



What are we doing in PE?

JUMPING

WE'VE BEEN JUMPING FROM DIFFERENT HEIGHTS!



PENCIL ROLL



LANDING



EGG ROLL



ROLLING

WE'VE BEEN LOOKING AT DIFFERENT WAYS TO ROLL OUR BODIES!



LOG ROLL



BALANCING



CENTRE POINT OVER STABLE BASE



STATIC BALANCE VS DYNAMIC BALANCE



When Tom met Oscar!



Oscar was extremely fortunate to meet Team GB divers; Matty Lee, Noah Williams and Tom Daley, at his diving centre recently!

They are training very hard before representing Team GB at Paris Olympics this summer. It really is wonderful to watch them in action.

Oscar is also competing himself in a Tom Daley Diving Academy competition. Good Luck Oscar!

**Do you have any sporting news
that you'd like to share?**

school@st-marys-pri.waltham.sch.uk

Skill Acquisition

The four stages of competence

- 1. Unconscious incompetence (Ignorance)**
The individual does not understand or know how to do something and does not necessarily recognize the deficit. They may deny the usefulness of the skill. The individual must recognize their own incompetence, and the value of the new skill, before moving on to the next stage.^[2] The length of time an individual spends in this stage depends on the strength of the stimulus to learn.^[3]
- 2. Conscious incompetence (Awareness)**
Though the individual does not understand or know how to do something, he or she does recognize the deficit, as well as the value of a new skill in addressing the deficit. The making of mistakes can be integral to the learning process at this stage.^[4]
- 3. Conscious competence (Learning)**
The individual understands or knows how to do something. However, demonstrating the skill or knowledge requires concentration. It may be broken down into steps, and there is heavy conscious involvement in executing the new skill.^[3]
- 4. Unconscious competence (Mastery)**
The individual has had so much practice with a skill that it has become "second nature" and can be performed easily. As a result, the skill can be performed while executing another task. The individual may be able to teach it to others, depending upon how and when it was learned.



Credited to: Gordon Training International by its employee Noel Burch in the 1970s

20 hours of purposeful practice can see a huge improvement in skill acquisition!



PRACTICE
AND

PERSEVERANCE



Physical Literacy

Our consensus statement

Physical literacy is our relationship with movement and physical activity throughout life.

Understanding physical literacy

Physical literacy refers to the degree to which we have a positive and meaningful relationship with movement and physical activity.¹ It is a complex and ever-changing relationship.

It reflects our connection and commitment to movement and physical activity, influenced by various factors such as our thoughts, feelings, engagement, and experiences.

Why physical literacy matters

The quality of our relationship with movement and physical activity profoundly influences our choice to be active.

Having a positive and meaningful relationship with movement and physical activity makes us more likely to be and stay active, benefiting our health, well-being and quality of life.

Supporting physical literacy

How we move, connect, think and feel² during movement and physical activity plays a crucial role in shaping our physical literacy.

By doing activities that we enjoy, find meaningful, and value, we deepen our connection with movement and physical activity, and foster an ongoing commitment to maintain an active lifestyle.

Our experiences affect our physical literacy

The people we interact with, the communities we are part of, the culture we experience, and the places and spaces we move in, powerfully influence our physical literacy. These influences may be positive or negative.

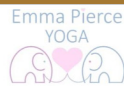
Positive experiences of movement and physical activity that meet our needs and support our development encourage us to be active in the future.

Physical literacy is personal

Everyone has their own strengths, needs, circumstances,³ and past experiences that affect their relationship with movement and physical activity. Our physical literacy is therefore unique, and changes over our lifetime.

Physical Literacy is our relationship with movement and physical activity throughout life.

- It is both an **outcome** and a **concept/framework** to work by
- It **shapes and is shaped by** how we think, feel, move and connect in and through movement
- It is **effected** by people, communities, culture, circumstances, places, and spaces around us
- It **impacts** on how we value, enjoy and engage with physical activity
- It **contributes** to our health, wellbeing and quality of life
- It evolves, **changes**, ebbs and flows throughout life
- It's **personal** because no one person's relationship is the same
- It's **why** we like and loathe physical activity



Yoga and Mindfulness Club

St Mary's Catholic Primary School
Tuesday 8.00am - 8.50am

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.

Tuesday 16 th January Tuesday 23 rd January Tuesday 30 th January Tuesday 6 th February Tuesday 13 th February Tuesday 20th February Half Term Tuesday 27 th February Tuesday 5 th March Tuesday 12 th March Tuesday 19 th March Tuesday 26 th March 5 week ½ term £30.00 / 10 week full term £60 (£6.00 a class)	Fees to be paid to: E J Pierce NatWest High Road, Loughton, IG10 Sort Code: 600806 Account No: 61141909 Reference: Your Child's Name and St Mary's.
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Emma Pierce – Registered Yoga Teacher (200 hr RYT), Special Yoga Practitioner for Autism and ADHD, Yoga Alliance Accredited,
Mindfulness Teacher, Primary School Teacher of 15 years.



FIRST 3
WEEKS FREE!

TRY A NEW
SPORT?

AGES 5-80!

SEE RUSS
FOR DETAILS

WWW.OLDLOUGHTS.CO.UK



EQUIPMENT
PROVIDED!

GREAT FUN!

LOCAL SPORTS CLUBS

PE AMBASSADORS

Congratulations to our latest winners!

These children have consistently demonstrated great effort, attitude, skill or have represented the school in a positive light!

December

Yr1 Finley Lock

Yr2 Nina Ranby

Yr3 Arnor Stefannson

Yr4 Lana Dijon

Yr5 Alan Calka

Yr6 Samana Khawaja

January

Yr1 Leonard Dac

Yr2 Michael Gunn

Yr3 Zariyah Joshua-Agyemang

Yr4 Liam Tsang

Yr5 Jake Boyce

**Yr6 Lucia Wheatley
Baldacchino**