



## A note from Mrs Pearce

Welcome to the autumn term issue of St Paul's Sports and PE Newsletter! This is a newsletter to inform you of everything that has been going on at St Paul's in PE and Competitions within the school and outside of school. It has been a very busy term with multiple competitions outside of school, sports leaders being chosen and some completing a playmaker award. Along with us trying a new PE scheme called Getset4PE which uses Active Families. We will look forward to another exciting spring term to come! Enjoy the break and see you all in January.

## Fitness at St Paul's

Some children in Year 5/6 have been working on their fitness levels and go out once a week with Mr Callaghan. He works on getting children fitter by playing different games and running around as much as possible!

**Did you know your child needs to be active for 60 minutes a day?**

## Playmaker Award

Some Sports Leaders did the Playmaker Award. This is about helping the children to develop leadership and teaching them games to play to other children. They loved it and can't wait to try out new games!

## Sports Leaders

We now have some new Sports Leaders which are made up of Year 4, 5 and 6 children. Well done to everybody that applied! Sports Leaders wear an orange bib on the playground and also wear a badge so they can be spotted. Their role is to support on the playground, help organise events and assemblies, and get more children active at lunch times.

## Active Families

Before half-term, the children were introduced to active families. This is online and is about motivating children and families to be as active as possible at home. It has a calendar each month and activities for you all to do at home. It also has one piece at a time which is about helping your mental health. If your child fills in a calendar with their activity (doesn't have to be every day!) and brings it to Mrs Pearce they will get a special certificate in assembly!

Follow this link:

<https://pe.getset4education.co.uk/ResourceBank/ResourceCategory/1002>



## PE Kits

Are your children ready for their PE lessons? They need to have:

- Black shorts or leggings (joggers in winter)
- A white top (it is important they change their top)
- Trainers
- Children with long hair must have it tied back
- If your child has their ears pierced, they need to be able to take their earrings out themselves or they will be covered with medical tape.

## Competitions

This term has been very busy for competitions! We have entered a girls' football tournament for the first time in St Paul's history! So far, we have played three matches; and we're doing very well! There is one more to come in the spring term. All year 5/6 girls who attend football club have been going to these, there will hopefully be some more next year where we can invite more girls to come and play.

In September, Year 5/6 children went to a tag rugby competition at William Hulme Grammar School and loved it! We also went to a Kurling Festival in November where some children could try Kurling (not on ice!) at the sports hall at Levenshulme High School. On 23<sup>rd</sup> November, we took 6 girls and 6 boys to an athletics event. They had to do chest push, javelin, sprint races, relays and long distance running. The children loved it! Thanks to all the adults that took the children.

In the spring term, we're hoping to enter some more competitions including a basketball and hockey one. Watch this space!

### How does my child get to go to one?

First, it is decided on not just ability but on attitude overall and the effort children put into their PE lessons. We hope that by the end of Year 6, those who want to go on one, will get the opportunity. These competitions are for Year 5/6 children only.



## Swimming

In the spring term, **Miss Gallienne's** class will be going swimming, **this will start on Friday 12<sup>th</sup> January**. Children walk to Withington baths on a Friday after lunch and return by 3pm. If your child is going swimming, they will need:

- A towel
- Girls: full swimming costume (not bikini)
- Boys: tight swimming trunks (not baggy ones)
- Swimming hat if they have long hair

Don't worry if your child hasn't swum before, they have floats and armbands to help and fully trained swimming teachers.