

PE & SPORT NEWSLETTER



Newsletter Number: 3

HOILDAYS ARE COMING!

Term 2 is wrapping up, and I extend warm wishes for a Merry Christmas and a Happy New Year. I'm proud of St John's children for their conduct in P.E, Intra's, Swimming and Sporting Competitions. The teamwork of students, staff and parents has been crucial throughout this extended term. Our focus on Respect underscores caring for ourselves, each other, the environment, and our community. As Matthew 7:12 advises, "Do to other what you would have them do to you."

Thank you for all your positive play donations we are getting the equipment prepared so it is safe for the children to play with at lunchtime. Mr Smith was getting competitive playing Foursquare one lunchtime, the squares and our repainted netball courts are funded by Active Oxfordshire. Lastly, every Thursday morning our Sports Leaders are enjoying their Real Leaders program and learning about the keys skills needed for leadership.



11-YEAR HOCKEY RECORD!

On November 7th, St John's entered three teams in the Carterton U11 Mixed Hockey Competition, vying for a place in the West Oxfordshire County. As reigning County Champions with a 9-year winning streak and the A Team not conceding a goal, the pressure was high. Remarkable hockey skills were evident, showcasing the impact of having hockey in Term 1 as part of our P.E curriculum. Congratulations to the A team for qualifying, maintaining our 10-year unbeaten record! Thanks to all staff involved, Mr Hyatt, who guided the Year 5's (C Team), securing a respectable third place behind the B Team managed by Mr. Hayes.



FESTIVALS & FIXTURES



Year 4 had a bustling term with Dance and Basketball Festivals, providing excellent opportunities for LKS2 to engage in sports and exercise. The Year 4 A team won the U9 Basketball competition overall. I take pride in Year 4's accomplishments in the dance festival, where they skilfully incorporated learned moves into their P.E dance sequences.

Year 6 have been invited to compete in the Witney & Eynsham U11 Boy's & Girl's Football league. Our U11 Boys first game was against Tower Hill at home with a very impressive 9-1 victory with Archie Thornett scoring a hat-rick. Well done boys, the team will play Eynsham away in their next fixture.

Our U11 Girls football are playing Tower Hill away on Friday the 13th December and we know they will represent the school impeccably and use all their efforts to finish the game with a St John victory.



PE UPDATE

Our overarching learning goals emphasised social skills across all year groups, focusing on sharing and encouraging in KS1, while KS2 delved into positive feedback and supporting peers.

In KS1, we honed jumping and landing skills, integrating seated balances in Real Core PE, showcased in games like Jungle Adventure. Dance lessons involved creating shapes and movements, culminating in intra-competitions.

For KS2, football skills were explored with thrilling intra competitions, and dance lessons included crafting dance sequences, practicing abstraction skills, and experimenting with music artistry.

At the start of September I have been working with Active Oxfordshire so we are now a registered CAS (creating active school) member. What CAS is, why we are a member and the framework is explained below on the attached pages.

As we approach the Christmas break, a gentle reminder to parents and children: a P.E kit is vital for lessons to avoid unhygienic alternatives. As we return in winter, please ensure all children have black tracksuit bottoms/leggings and a grey or black sweatshirt for outdoor P.E. Wishing everyone a Merry Christmas and a safe, Happy New Year! Bring on 2025!

Best Wishes

Charles Lamb
PE & Sports Teacher



WHAT'S ON?

Christmas Clubs & Camps:

- **Brize Norton School Holiday Club- Monday 30th- Friday 3rd Jan 9am-4pm (8am-5pm extra)**
OX18 3PL, £29.50 per day
- **Next Generation Soccer Schools, Mon 23rd Dec, 9.30-3pm, £15 per Day,**
Windrush Primary, OX29 7DL



St John
the Evangelist

C E PRIMARY SCHOOL



**CREATING
ACTIVE
SCHOOLS**

About CAS

Creating Active Schools: A research based whole school behaviour change approach to increasing and improving physical activity in schools.



Creating Active Schools is an idea borne out of necessity.

When addressing the pandemic of our children's increasing levels of sedentary behaviour, the education system has been putting sticky plasters over the holes; hoping that intervention after intervention will solve the problem. Despite the best intentions of Government and schools, it hasn't.

It's clear that we need a different approach.

From the spark of an idea in 2018 to the unique school improvement tool you see here now, Creating Active Schools has been developed by sector experts and current practitioners to change perceptions and behaviours around physical activity in schools.

In a continuous cycle of improvement and refinement, CAS incorporates robust new research and uses insight from teachers and school leaders to increase and improve the physical activity offer in schools.

Creating Active Schools: A research based whole school behaviour change approach to increasing and improving physical activity in schools.

Our process

The Creating Active Schools Framework

Co-designed by 50 experts in health and education, the CAS Framework supports schools to embed physical activity in policies, systems, behaviours and environments, so that it becomes everyone's responsibility; from pupils, to staff, parents and governor.

PROFILE TOOLKIT



01

Policy

The cornerstone of the CAS framework is establishing whole-school practice and ethos for physical activity - the underlying sentiment that informs the beliefs, customs and practices around creating a physically active school.





CREATING ACTIVE SCHOOLS

