

# PE & SPORT NEWSLETTER

## Newsletter Number: 4

Wow Term 3 is over! I'm proud of St John's children for their conduct in P.E, Intra's, Swimming and Sporting Competitions.

Our focus this term on Self-Belief underscores caring for ourselves, each other, the environment, and our community. As Philippians 3:13-14 advises, 'I press on towards the goal to win the prize for which God has called me'.

This term our WOW Ambassadors have been helping other year groups recording how they travel to school. Well done to Willow class during January who recorded the most children travelling to school. They were also the class that actively travelled the most to school. Such as walking, scootering, biking and park and stride. They received the WOW Active Travel mascot Strider for the month!



## KARATE COBRA KAI

We are very lucky to have welcomed Ross Dyer who offered us free Karate taster sessions for every child in Year3-6

He is the lead instructor at Tora Kai Karate Carterton, a martial arts organisation dedicated to helping children build confidence, discipline, and fitness through fun structured karate sessions. These sessions give pupils the opportunity to experience karate in a safe and engaging environment while developing key life skills such as focus, respect and self-discipline, all of which support our school's PE and wellbeing objectives.

Monday the 12th of January saw Year 3 and 4 take part in sessions. Unfortunately, Ross had to cancel the next day so Year 5 and 6 will get their turn next term.



# COMPETITIONS & FESTIVALS

Term 3 saw another busy term for sport competitions and festivals were the children again conducted themselves impeccably showing other schools St John's values.

The U11 Boys Football team nearly reached the ESFA Oxfordshire Finals for the first time but got knocked out on penalties in the Semi Finals.

U11 Indoor Sports Hall we took two teams to the competition, Team A did fantastic with a 1<sup>st</sup> place finish and our Team B came 3<sup>rd</sup> which is a brilliant achievement. This was a great experience for the children with so many participating, Team A will go onto represent Carterton in the West Semi Finals next term.

Year 3 had their Multi Sports festival on Friday 30th January. U11 & U9 Cross Country was unfortunately postponed until 27th of February, which gives our teams more time to practice! U11 Tag Rugby saw our Team A just missing out on winning the Carterton competition competing against schools from West Oxfordshire. Our Team B had two great results drawing with Team A and drawing with St Josephs.

U11 Girls West Oxfordshire Semi Finals the girls showed fantastic effort but didn't get the results on the day, with a team mostly with Year 5 girls the future looks positive for the team



## PE UPDATE

Our overarching learning goals emphasised cognitive skills across all year groups, focusing on observing and describing performance in KS1, while KS2 delved into identifying areas to improve and making good decisions.

In KS1, we honed jumping and landing skills, dynamic, static balances in Real Core PE, showcased in games like Train and Park Adventure. Gym lessons involved balances, flight jumping and rotation skills.

For KS2, Netball skills were explored with thrilling intra competitions, with the wet weather we played engaging bench ball matches and gymnastics lessons included Partner balance work and exploring large apparatus. Year 5 learnt a new scheme of Dance work, they explored the Royal Ballet Alice in Wonderland Performance. The children created their own dance routine and performance based on the Alice in Wonderland theme and characters. We have another packed term of competitions, festivals and fixtures which I know the children are all looking forward to. I hope every has a fantastic half term break!

Best Wishes

**Mr Lamb**

**PE & Sports Teacher**

## NEXT TERM...

U11 Boccia @ CCC

U11 Indoor Sports Hall West Finals

U11 Hockey @ CCC

U11 Cross Country West Semi Finals

KS1 Girls Football Festival @ CCC

U11 Girls/Boys Football League Fixtures

Tag Rugby/Dance/Gym, PE lessons & Intra

New After School Clubs - Parkour & Quadkids

