



PE and Sport Newsletter

"The vision of PE within St Paul's R.C. Primary School is to inspire, challenge and motivate pupils so that they can thrive and express themselves in a wide range of sporting activities."

A big thank you to

The team at Stockton School Sport Partnership for fantastic competitions, activity days, staff training and support.

Mrs Sharkey for updating our website and twitter feed.

Mr C Dos Santos our PE Governor.

Our dedicated staff for taking children to competitions and delivering high quality PE lessons.

Our parents for being supportive, thank you for all your words of gratitude.

Our amazing children who demonstrate the spirit of school games.



What a fantastic active start to our school year! We have had many children competing and already 100% of our Year 5 and 6 children have represented our school in a Level 2 competition. We were successful in the Year 6 Tag Rugby event with one of our teams making it through to the Stockton Schools' Final. The Cross Country event is always popular and enjoyed by many of our children; 23 of them qualified for the Stockton Schools' Finals. We were extremely proud when Deacon, Jacob and George were medal winners and alongside Callum and Harvey they then went on to represent Stockton at the Tees Valley Finals. Stockton were crowned the overall winners. Our Year 5/6 Girls' Football Team had a great afternoon competing at Northfield and were only defeated in one match. Year 3 had an extremely successful start to swimming. All children gained certificates and the majority have now completed their 25 metres. Well done Year 3! I am always extremely proud of our children when we attend events—they always show good team spirit and excellent behaviour. We encourage them to demonstrate the school games values: teamwork, honesty, self-belief, passion, determination and respect, not only in sport but in all aspects of school life.

Mrs Tattersdill PE Leader.

Physical Education.

Our PE notice board this term looks at the different elements of PE. We are looking at the 'thinking' and the 'social side' of PE, as well as the 'healthy' and 'physical'. Children are encouraged to think about tactics, the importance of rules, to understand their own strengths and weaknesses and have the confidence to improve. We want them to understand what it means to be part of a team and to encourage each other to do well, as well as accept that winning and losing is part of the game. We hope that the skills embedded through PE will help them in all aspects of life. It is therefore important that all children take part in PE sessions, so please can you ensure that your child has the appropriate kit in school at all times.

EYFS and Key Stage 1 : Red shorts, yellow top and PE plimsolls.

Key Stage 2 need both indoor/outdoor kit : Indoor : red shorts, yellow top, black plimsolls

Outdoor : yellow top, sweatshirt, grey jogging bottoms and trainers.

Our School games noticeboard is regularly updated by our PE Leaders and Sports Crew. The PE Leaders have been working with the younger children showing them different games to play and keeping them active at lunchtimes. They have also been responsible for organising Level 1 Two and even devised catching competition for showing great leadership work leaders!



Coming soon :

More than Dance

Year 5 Golf Experience

Year 5/6 Basketball

Year 3 Hoopstarz

Yr 5/6 Football Tournament

Netball Tournament

EYFS Sport Festival



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Active 30:30

Thank you to everyone who has been joining us for our walk to school. It has been lovely to see so many children, parents and staff enjoying a walk and chat, lovely way to start the day. Our next walk to school is on November 23rd would be great to see even more people taken part.

We are working hard to ensure that all children are active for at least 30 minutes during the school day. Children enjoy doing Jumpstart Jonny and this is a great way to increase the heart rate in the classroom. I'm delighted to hear that so many children are accessing the free exercise videos at home. Well done everyone. It is great to see how active and successful our children are outside of school with so many of them achieving in many different sports.



Reception have settled well into school and are always active!

They are enjoying their Dough Disco sessions which work on strengthening the hand muscles ready for writing. They also enjoy Squiggle Whilst You Wiggle which works their gross motor skills again to improve writing skills. Our EYFS staff were lucky enough to attend staff training by Shonette Bason Wood (founder of Dough Disco and Squiggle Whilst You Wiggle) on Outdoor learning - creating even more opportunities to be active and enjoy outdoors whatever the weather.

Mrs Sheahan has been working on the Fundamental Movement skills with small groups of children, looking at improving balance, co-ordination, running, hopping, leaping, catching and throwing. This is in addition to their PE and outdoor sessions because we believe that the development of these skills is the first stepping stone towards a lifelong commitment to an active and healthy lifestyle.

Key Stage 1

Key Stage 1 had a fantastic day out at Hardwick Park on the Enchanted Woodland day. They had the opportunity to take part in many different activities which supported the curriculum. We want all our children to understand that healthy lifestyles is not just about sport. We can keep active by walking and enjoying the environment around us. It was great to see so many happy faces returning from a day of outdoor learning.

Year 2 were also fortunate to take part in a Multi Sports afternoon organised by the Stockton Schools Sport Partnership. This afternoon involved them participating in many events from skipping and hula hooping to team games. Another successful and enjoying day!

