



Throughout the term the children have been very busy taking part in PE lessons, inter-school competitions, personal and whole class challenges as well as all the clubs that run throughout! We are really focusing on encouraging the children to develop good habits, to be as active as possible and to understand why that is good for them. There have been lovely examples of children demonstrating our sporting values and we are very proud of all their achievements, however big or small they may be!



Sports Hall Athletics

In November, fifteen children from Year 5 and 6 went to Bonus Pastor to take part in Sports Hall athletics. The competition was split into relay races and field events which comprised of standing long jump, javelin, chest pass and speed bounce.

We had some great results – Elisha came 2nd in the chest push, throwing her ball 3.4 metres and Issacar came 3rd overall in the speed bounce with 72 bounces.

Well done to everybody who participated: Chinyere, Nneoma, Solomon, Issacar, Onyebuchi, Elisha, Edith, Cameryn, Paolo, Marcus, Ada, Claire, Conan and Bosse – what a great team you made! Thank you to Mrs Dunne and all the parents who came along to support.



It was nice to do the activities there and my favourite one was chest push because it was challenging. It was hard to do because it was so heavy but I managed to get a good score. I also liked going to Bonus Pastor because we saw other schools and it was really friendly.” Claire

“On your best days you learn confidence. On your worst days you learn persistence. There is always something to learn.”



Saturday Football

Louis, Daniel, Issacar, Marcus, Onyebuchi, Omor, Joshua, Paolo, Sophia, Spencer, Joseph and Mikel have been representing the school on Blackheath for us on Saturday mornings accompanied by their parents, Miss Baptiste and Coach Quentin. They have played six games this term and are really beginning to play well together as a team. Thank you to everyone for giving their time at the weekends and particularly to all those who come and support them. We look forward to hearing about their progress through the season.



“The matches have been tricky but we’ve got a good team and we train together on Thursday and Friday.” Louis

Gymnastics Mats

Thank you very much to the PTA who have bought some brand new gymnastics mats for us. The children will really enjoy putting them to good use!



Autumn Challenge

All the children in KS1 and KS2 took part in a competition against other schools throughout the country. They were set three challenges: running, throwing and catching a ball and speed jumping as many times as they could against the clock. The children were really enthusiastic. Their combined individual scores contributed to their class total and Year 5 did incredibly well, coming 4th against all the other schools - a fabulous result!

Congratulations to Joel, Stefan, Sena, George, Tabitha, Alyssa, Aysza, Kamsi, Dylan, Somto, Giacomo, Victor, Paolo, Bosse, Claire, Kanishta, Ebube and Faye who received medals not only for great performances but also for displaying fantastic sporting values including determination, perseverance and enthusiasm. *"I practised the speed bounce so I got better, that was my favourite challenge."* Alyssa.



Tennis Club

Some of the children in years 3 & 4 have attended tennis club after school.



"We have learnt how to position our hands on the racket and to play matches. We liked it when we played against each other." Kayla and Alicja.

Cricket Coaching

Platform Cricket have been coaching our Year 4's on a Friday afternoon. The children have really enjoyed the session and it has been lovely to hear that some of the children have been showing a great aptitude for the game. All the children in Year 4 have been invited to attend the Hither Green Hawks community sessions on Wednesdays after school should they wish to continue learning to play. *"It was very good, the teachers taught us a lot and when we were struggling they helped us out."* Caroline and Gracie.



House Captains

Congratulations to the following children who have been chosen to captain their houses:



St Bernadette: Chika, Vanessa, David and Eyram.

St John Bosco: Caleb, Keoni, Lilian and Angela.

St Joseph: Benedict, Victor, Martin and Kanishta.

St Theresa: Aysza, Grace, Faith and Solomon



Inter House Sports Competition

During the Autumn Term children have been enjoying basketball, cricket, games, gymnastics dance and tennis in their PE lessons. Year 4 began their swimming lessons at Downham Leisure Centre and have also had the benefit of external coaching from Platform Cricket.

Congratulations to everyone in St Bernadette who scored the highest combined points in the Autumn challenge to win this term's Inter-House Competition!

