



We've had an action packed term at Holy Cross this Autumn. It was lovely to return to some competitions against other schools and we played against other local primary schools in a basketball festival at Bonus Pastor and a panathlon at Prendergast Ladywell. We've had Bikeability lessons, inter-house competitions, personal challenges, active play at lunchtimes with Year 6 playleaders and the lunchtime coach. Lots of children have been attending after school sports clubs and we have been delighted to hear from the children about all the things they have been taking part in outside of school.

Of course we have also been having PE lessons where we have been teaching the children the skills and knowledge they need to support them in developing a healthy active lifestyle.

Bikeability

Some of the children in Year 6 had Bikeability sessions earlier in the term. Bikeability is a cycle training programme that teaches children practical skills and gives them the understanding and expertise they need to ride their bikes on the road. Our children spent some time learning in the playground before putting the skills they had been practising into use on our local roads.



"We learnt how to turn, we had to look to see if the cars were behind us. It was hard but I got better at it because they helped me learn how not to wobble when I turned." Michelle

"If you're turning right you look over your left shoulder then put your right hand out so people know what you're doing and the other way round if you're turning left. We also learnt that you use different gears to go up a hill and down a hill." Ashton

PE Kit

The weather has turned much colder so please ensure that children always have tracksuit bottoms in their PE bags. PE Kit should consist of: **a white t-shirt, navy shorts, navy jogging bottoms, plimsolls or trainers.** All clothing should be named and if children wear their PE kit home after a club it should be returned the next day. Long hair should be tied up for PE lessons and children should not be wearing any jewellery.

Sports Captains

Congratulations to the following children who have been appointed as sports captains.

St John Bosco: Ashton, Kamsi, Valen, Amira-Rose

St Joseph: Victor, Amanda, Lucy, Jayden

St Teresa: Stephanie, Giacomo, Joseph, Ines

St Bernadette: Francesca, Saoirse, Eilish, Gabby



We show respect in sport...
*"by losing with dignity
 and winning with dignity"*
 Liam, Year 6



Basketball at Bonus Pastor

A team of children from Year 3 and Year 4 went with Mrs Stoneham and Miss Quinn to Bonus Pastor to take part in a Basketball Festival. They all played really well, supported each other and were great ambassadors for Holy Cross. It was lovely to take part in a competition against other schools again - this was our first one since the beginning of the pandemic and it was just fabulous to hear the children cheering each other and working hard as a team. They won all their matches and managed to keep a clean sheet throughout so well done to Chioma, George, Joseph and Lisa in Year 4 and Amira-Rose, Gabriel, Joel, Michele and Sena in Year 3.



“At the basketball competition it was fun and we won every single one. I nearly got it in the hoop. It was amazing!” Sena

Panathlon at Prendergast Ladywell

This year, for the first time, we entered the Lewisham Panathlon and Mrs Tullett, Mrs Forde and Miss Baptiste took a fabulous group of children from KS2 to represent Holy Cross. It was a brilliant event and all the children were enthusiastic and had great fun. They took part in a range of different activities and we were absolutely delighted that they did so well that Holy Cross came second! Each of the children had a silver medal to bring home and we have a shiny new trophy proudly displayed in our cabinet! Well done to Diamond, Tomi and Miki, Tobe, Megan, Neriah, Roman Joseph, Ithran, Dylan S, Betsy, Somto, Michelle, Ollie and Rio, our fantastic Holy Cross team!



“It was very fun and I liked the Kurling game most and I liked it when we got second place.” Somto
“I was nervous to start with but then I really enjoyed it because I was a lot of fun.” Dylan S

Play Leaders

Active play helps children develop their co-ordination, balance and motor skills as well as use up all that natural energy they have which in turn helps them to concentrate and sleep better. Our lovely year 6's spent a week helping out in the KS1 playground earlier this term bringing the younger children together to play games like netball, football and skipping as well as more traditional games like 'Grandma's Footsteps' and 'What's The Time Mr Wolf?'. Year 6 made fantastic ambassadors and this is definitely an opportunity we will look to promote more in the future!



"Our job was to make sure the children were having a good time and being active. It was very fun." Grace

"We played tag, I like it, that's my favourite game" Conor

"We played duck duck goose and granny's footsteps. I thought it was really nice having the older children there to help us and I liked having new people to play with." Jasmine, Y2

Platform Cricket

Year 4 have been learning cricket with a specialist coach and the children have really enjoyed learning catching, batting, bowling and fielding skills. We hope they will be able to put this to good use later in the year in some competitions against other schools – fingers crossed! In the meantime, we were extremely proud of Joseph who was selected as an outstanding pupil across all the schools currently being taught by Platform Cricket. The coach not only commented on what a fantastic athlete he is but how attentive and engaged he was during lessons. Joseph also kept Miss Howell busy having to retrieve the balls he managed to hit into Culverley Road! It is an exceptional achievement with over 300 pupils competing for the award so we are delighted for him! The whole class did really well and there are clearly a number of budding cricketers in the class so we hope they will continue to enjoy playing the game.



"I liked the batting because I got better and better." Victor

"I liked when I hit the ball with the bat because sometimes I hit it very high, it is very fun." Alice

Personal Challenge

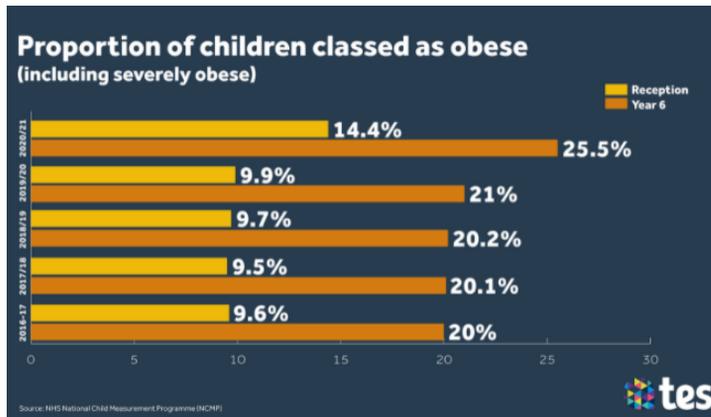
Congratulations to Giacomo, Somto, Stephanie, Amanda, Ithran, Roman-Joseph, Alice, Jim, Mateusz, Kymia and Jayden who were nominated by their class teachers for showing great determination in our throwing and catching challenge this term.

Community

Are you able to help? We are always keen to find ways to enrich our children's learning through physical activity. If you are able to help us in any way, for example to teach a dance or if you know of local coaches, clubs or activities that might be of interest then please let us know, we'd love to hear from you.

Active Lifestyles

Last month, new figures were released showing the proportion of children classed as obese from the latest primary school data. The trend has been increasing over the past few years but post-pandemic has accelerated. Primary aged children are increasingly overweight, British children are among the least active worldwide and very few are active for the recommended hour a day. It is so important to equip our children to develop healthy, active lifestyles whilst they are young so that they take these habits, knowledge and motivation with them as they grow. We try to ensure the children are as active as possible in school and would encourage you to take any opportunity to encourage them to be active at home too - small changes and healthy choices can make the world of difference! At the end of this newsletter are some simple ideas the children can try at home.



Physical Activity for Children and Young People

Children should be physically active for at least 60 minutes every day

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sport and physical activity events
- W.A.-Day

- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

Drink more water instead around **6-8** glasses per day

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Physical activity and sport is linked to:

- Improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

1/3 Nearly a third of children aged 2 to 15 are overweight or obese.

Children aged 11 and from the poorest income groups are **3 TIMES** as likely to be obese compared to their most well-off counterparts.

Children who are aerobically fit have higher academic scores.

Dillon played in a Futsal tournament for Fulham where he normally plays football. His team beat Millwall and Charlton. This was Dillon's first time playing futsal "It's like indoor football, I played well and so did the team."



Outside Achievements



Tobe took part in the Lee Valley Minithon with his club Sfactor Academy. He competed in the 60m, 200m and long jump, winning a bronze medal which was presented to him by the gold medallist Para Olympian sprinter Thomas Young.

Santiago played in a tennis tournament at Club Langley in half term and won! "It was really fun, I got to go on a big stage and did a speech!



It was cool because I played at the club where Emma Radaunu plays and practices."



Matteo, Oisin, David, Conor, Clarence, Milan and Chibuikem received medals from their club, Player ID Academy. The boys have been having fun and making great progress! "We do a trick and we play a football match. I think it's nice because it's helped me to learn football." Milan

Children in KS1 have spent this term learning how to throw and catch in different ways and with different balls, they have also learnt how to use bats and balls to strike balls. KS2 children have been developing their skills and knowledge in football, basketball, netball, cricket and rugby and all year groups have been learning gymnastics and dance. Well done to everyone for their effort and enthusiasm in their lessons and congratulations to St John Bosco who were the winners of this term's Inter-House competition!





American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

6

Jumping jacks for 30 seconds

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

10

Wall sits while reading



11

One-minute yoga

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

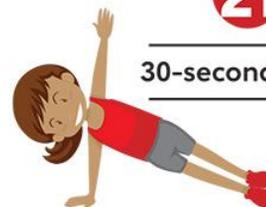
Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



18

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities

Why is it important IMPORTANT TO BE ACTIVE EVERY DAY

