

# **St Joseph's Catholic Primary School – Sport and PE**

## **2019/20**

**1st June 2020**

**\*\*\*St Joseph's retains 'Gold' sport school award and how to enter the 'Virtual School Games' starting today!\*\*\***



Cont....

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**29<sup>th</sup> April 2020**



[PE at home KS2 KS3.pptx](#)

[8MB](#)

Good Morning

A nice new PE resource from our friends at the Mid Wilts Sports Partnership. It has been designed and built specifically for use at home during the school closures.

It is aimed at KS2 and KS3 (if there are any older siblings) but I'm sure there will

be some activities for KS1 to attempt in there.

You do need Powerpoint to open it and to be online to open any interactive games or video tutorials but the children should hopefully be able to navigate it independently after some initial help looking around the resource.

Enjoy!

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**14<sup>th</sup> April 2020**

### **Bath Rugby A-Z Fitness Challenge!**



Good Morning!

Bath Rugby have set an A-Z fitness challenge for all the family to compete in!

Choose one of the 3 levels and get the stopwatch ready!

They also have a plenty of other activities for kids available here, across many

subjects - <https://www.bathrugby.com/community/kids-zone/>

Good luck!

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**24<sup>th</sup> March 2020**

### **Free PE resources for use at home**

Good Morning

I hope everyone has had the best start to the day possible!

See below for some PE resources, adapted for use at home.

It is all free and can be accessed here:

The website address is: [home.jasmineactive.com](http://home.jasmineactive.com)

Parent email: parent@stjosephsc-21.com

Password: stjosephsc-

#### Real PE at home – online learning resources

Real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is also great for family play and fun.

It also includes a programme for children in Key Stage 2, with daily and weekly guidance provided for both programmes (starting from this week) in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months.

Here are the details to access real PE at home:

The website address is: [home.jasmineactive.com](http://home.jasmineactive.com)

Parent email: parent@stjosephsc-21.com

Password: stjosephsc-

<https://vimeo.com/398010428>

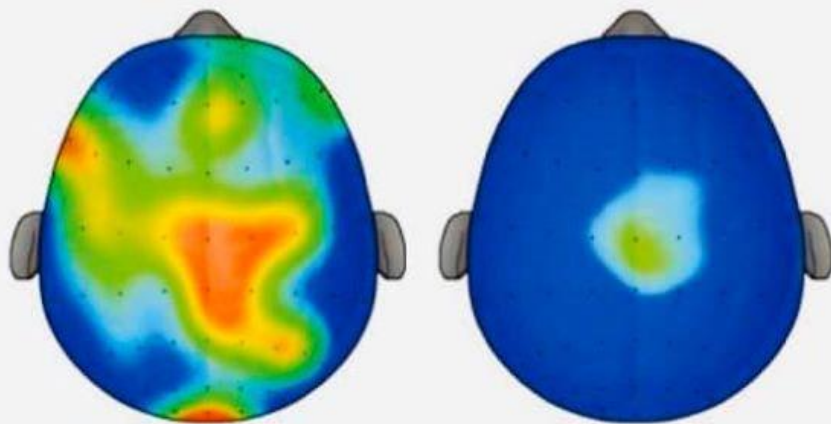
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**23rd March 2020**

**Exercise for the brain!**

## EXERCISE

Physiology and psychology work together. Exercising will get you sharp and focused. By getting your blood flowing well, you wake up your whole body and mind for the upcoming challenges. Your brain needs physical exercise to work better.



**Exercise**

**No Exercise**

Exercising helps you relieve stress. Being fit boosts your confidence and helps you feel better around other people. So walk, run, cycle, work out on the street, at home or go to the gym, play basketball, football, volleyball, whatever you like. Keep your body fit!

Good Morning!

The best way for your child to start their day is to get the blood flowing, which is why we do wake and shake each day at school before the children start class.

The Body Coach PE starts at 9am but I will also post a wake and shake song each day. Get the children to create a routine or just dance along. They should aim to get their heart rate up so that they are slightly out of breath by the end.

This works in so many ways:

- 1.) Gets blood flowing to the brain
- 2.) Releases endorphins, a hormone that is known for making you feel happy
- 3.) Aids concentration
- 4.) Increases heart rate
- 5.) Puts a smile on your face!

This in no way is purely an excuse for me to work through my back catalogue of classic pop!

So we start today with a classic from 5ive!

Enjoy!

Mr Dawson

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**19th March 2020**

**Free PE with Joe Wicks**

Free PE session for kids at 9am, Monday to Friday, while schools are closed. It's hosted by Joe - The Body Coach - and he wants to share this post to as many parents and education settings that will still be open as possible. Please encourage your children to take part in as much physical exercise as possible while they are away from school.

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBuolQkxQ7F5R7Ryty7EiKUs>

Thanks

Mr Dawson

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**29<sup>th</sup> February 2020**

**Wiltshire Dance Festival 2020**















































Hello

Yesterday, our incredible dance crew, made up of 12 pupils from year 1 to 5, performed live at the Wyvern Theatre, Swindon, in the Wiltshire Dance Festival in front of approximately 700 people.

The group were an absolute credit to the school, coping with morning and afternoon rehearsals, as well as enjoying preparing their costumes and make up like professional dancers.

A few pictures are below, followed by our rehearsal video and final performance (split over 2 videos).

I was extremely proud of all of them and once again, they performed to an excellent standard, wowing the crowd with cartwheels and even a human pyramid! We received some lovely comments from the other schools and our parents in the audience were thrilled to see them all up on stage too.

A huge thank you to Mrs Dawson-Crabb and Mrs Stevens for their help with supervision, costumes and make up on the day. But the biggest thank you is reserved for Miss Emma, who choreographed and trained the team, as well as performing with them to help along a few of our more nervous performers! Well done Emma!

It was yet another moment to be proud of in a wonderful sporting schedule. Dance club continues all year and we would love to have an even bigger crew, so if your child is interested in joining, please let me know as they are just about to start a new routine for a performance in May.

Enjoy the performance and pictures and thanks again for your continued support with school sport!

Mr Dawson

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**13<sup>th</sup> February 2020**

**\*\*\*St Joseph's B Team win their hockey festival with the A and C teams both beaten finalists also!\*\*\***













Wow, wow, wow! What a day to be from St Joseph's!

I am incredibly proud of the skill level, determination and team spirit of our 3 teams on show at the Malmesbury Hockey Festival today. All 3 teams reached

the finals of the 2 tournaments they were taking part in, with St Joseph's B narrowly edging St Joseph's C in a fantastic final to pick up the medals. The A team lost a tight and intense final 2-1, but have been consoled with the news that the top 2 teams in their tournament have qualified for the Level 3 County event, meaning they will get a further shot at glory!

The afternoon got off to an unparalleled start, with the A team winning 6-0, the B team winning 2-0 and the C team winning 5-0. A fantastic statement to make from all our teams.

The C team showed outstanding team spirit and determination to succeed, winning their pool and semi-final with some exciting performances. They were desperately unlucky to lose in the final and they should be delighted to have been part of our strongest ever C team performance in any sport from our school. The team was a mixture of our hockey club players and beginners, but all worked together beautifully to drive them through and although they lost, they were true winners today in my eyes. Absolutely superb!

The A team got off to a stunning start, sharing goals among the team. They followed this with 2 draws that could easily have been victories with a little bit more luck (they conceded an equaliser with 1 second left on the clock!). Ultimately, their finest hour came in the semi-final. From 2-0 down at half-time, they rallied to get back on level terms, sending the game to sudden death – next goal wins. The game carried on for an eternity before a lovely strike from George sent the St Joseph's crowd in to ecstasy! The final was a tight game that could have gone either way, but despite losing, the team were delighted to find out they would go on to a more senior level. A fantastic achievement.

If you speak to any of the B team this week, you will find out that they were never in any doubt of their chances. Great confidence which they backed up with some excellent hockey. They dominated most of their games, scoring goals for fun, whilst playing with smiles on their faces and some grit when overcoming a 2 goal deficit in an early pool match. They rotated well to ensure that players stayed fresh in each game and really put on a show. The final was a tough affair, with St Joseph's C providing stern opposition, with even a hint of a comeback in the 2nd half that pushed them back in to a more defensive performance. However, ultimately they were deserved winners and thoroughly enjoyed receiving their medals. Another incredible result for our school.

Overall, it was almost as good as it gets and has once again shown the outstanding character and skill level of our children. All games were played with great sportsmanship and whether winning or otherwise, all teams conducted themselves brilliantly.

A big thanks also to Mrs O'Brien and Mrs Charlton-Bailey for helping supervise, manage and motivate the teams, as well as all those that came out to support (including some ex-pupils at the secondary school who stayed late to watch the finals - really nice to see). A special word should go to Rhys, the after-school club hockey coach, who will be delighted with the results when I tell him tomorrow! It just proves once again how valuable the extra-curricular sport on offer at school is and I would love to see every club full every week (although they almost are!).

In all the excitement, I unbelievably didn't take a picture all afternoon so I will be sure to get one of all the players tomorrow.

After half-term, we have a dance festival at a sold out Wyvern Theatre in Swindon, dodgeball and football tournaments for year 3 and 4, as well as the hockey Level 3 event. I look forward to providing more great news throughout the year!

Thanks

Mr Dawson

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**29<sup>th</sup> January 2020**

**\*\*St Joseph's Year 5 & 6 Gymnastics Team are local champions for the second successive year!\*\*\***











Wow!! Another fantastic performance from our incredible gymnasts yesterday!

20 pupils across years 3, 4, 5 and 6 took part, enjoying time on the bars and beams, amongst other things, before competing in the vault and floor events as teams and individuals.

Our year 3 and 4 team performed well, showing little nerves and with smiles on their faces. They finished a creditable 7th, which is a strong performance given the majority completed the more advanced routine.

Our year 5 and 6 team showed great strength in adversity after losing 2 team members to illness and injury on the day. However, they rallied fantastically to take 1st place out of all the schools in the local cluster. It really was a wonderful achievement and a very proud moment for St Joseph's.

Huge credit goes to Miss Emma for her outstanding training with all the teams and also thanks to Mrs Bennett and Mrs Bond for their support at the event.

On we go to hockey!



Thanks

Mr Dawson

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**13th December 2019**

**Year 5 & 6 Netball Tournament**

Hello

Apologies for the late netball results!

Last Thursday (5th December), we took 3 teams to the Malmesbury year 5 & 6 netball festival. All members of the afterschool netball club got to take part, which was fantastic to see.

Our C team, including 3 players who don't play at the club, performed well, putting opposition teams under pressure and picking up some points. All left with smiles on their faces and valuable tournament experience ready for next time.

The B team came within a whisker of qualifying for the semi-finals with some outstanding team work as well as some individual brilliance. Ciaran managed a hat-trick in one game to secure a valuable victory. Converting one of the draws in to a win would have seen them through, but overall it was a fantastic effort from a majority year 5 team.

The A team finished 5th, again missing out on the semi-finals by the smallest of margins. After a tricky opening two games, they soon found their stride and ended with a record of 3 wins, 2 draws and 3 defeats. Alice put on a wonderful show of finishing, scoring 7 times across the tournament, including a hat-trick of her own in a strong victory.

A particular highlight was the support given to each of the teams, culminating in a large St Joseph's crowd gathering for the A team's final match. We managed to score from our own line within 4 passes, showing great pace and skill, and as the ball rippled the net, a huge St Joseph's cheer went up, which

made me very proud!

Overall, another fun afternoon in particularly cold conditions.

A big thank you to Mrs Charlton-Bailey, Mr Bond and Mrs M Jones for their support in getting the teams to and from the event and managing and supporting the teams at the festival.

Thanks again and we roll on to gymnastics in January where we will be defending our 2019 crown!

Have a lovely weekend.

Mr Dawson

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## **21st November 2019**

### **\*\*\*KS2 Cross Country Results - A fantastic St Joseph's victory for our Year 3/4 girls!\*\*\***

Hello

Another proud day for St Joseph's, with over 80 pupils representing us at the Malmesbury Cross Country Festival.

The field deteriorated quickly (apologies for the muddy clothes!), which coupled with the bitterly cold conditions, made it a true challenge.

The children performed impressively, with lots of proud finishers!

We also had some success with the following team results, which once again showcase the outstanding athletes we have at school:

Year 3/4 Girls - Joint Winners

Year 3/4 Boys - 5th

Year 5/6 Girls - Joint 2nd place

Year 5/6 boys - Joint 2nd place

All who ran in the races deserve immense credit for making it through, but there is also special mention for our individual medal winners - Charlotte (2nd in Year 3/4 girls), Lily (3rd in Year 5/6 girls) and Henry (2nd in Year 5/6 boys).

The children supported each other well during the race and it gave them all a boost to be cheered on when they passed the St Joseph's crowd.

A huge thank you also to all the volunteers and staff that helped to supervise. You did a great job and we wouldn't be able to enter these events without you.

Overall, I hope the children enjoyed their run and we now look forward to netball in December.

Thanks

Mr Dawson

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**14th November 2019**

**Year 3 & 4 Top Activity Festival**

Some of our year 3 & 4 children had a great time at the Top Activity Festival today.

This is a lovely non-competitive festival organised and led by a pupil from Malmesbury Secondary School. The children had an amazing time taking part in the range of different activities.

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**10<sup>th</sup> October 2019**

**Year 3 & 4 Tag Rugby Tournament**



Good evening

Another fantastic afternoon of rugby at Minety RFC for our three year 3 and 4 teams, with lots of tries, tags taken and smiles when the hot dogs were served!

Our C team worked fantastically hard, with most of the team playing in a real game for the first time. They scored some great tries and ran their socks off!

The B team had mixed results but finished on a high with 2 wins, bringing huge smiles. Again, some great tries were scored and they improved as the tournament went on.

The A team had more success, winning 3 and losing 2 games, but still finishing joint top of their group in a 3 way tie. Unfortunately, only 2 sides got through to the semi-finals and we were knocked out on points difference! So close, but still a great performance to be proud of.

Overall, it was great to see our school out again in such good numbers, with St Joseph's representing one quarter of the teams on show.

Huge thanks to Mrs Vizer and Mr Paginton for their help with organising the teams, as well as all the supporters for turning up again! We loved seeing you all there!

Thanks

Mr Dawson

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**3<sup>rd</sup> October 2019**

**\*\*\*St Joseph's A Team retain the Minety RFC Year 5 & 6 Tag Rugby  
Tournament Trophy\*\*\***









Wow! What an afternoon of rugby that was!

We took 3 teams to the Minety RFC Year 5 & 6 Tag Rugby Tournament, competing against all the other schools in our local cluster.

St Joseph's C Team battled diligently against some strong opposition, taking the lead on occasion and scoring some great tries.

St Joseph's B Team produced some fine rugby, taking numerous tags and scoring hatfuls of tries. They even gave the A Team a run for their money when the two sides met in an enthralling group fixture!

St Joseph's A Team were outstanding on the day, producing some incredible pieces of individual skill, whilst working as a team to take endless tags and it

was difficult to keep track of the number of tries they scored in the group stage.

Winning the group took them to a final where we initially went behind. However, the team kept their heads up to return to a commanding 4-2 lead, which ultimately finished with a 6-5 victory.

All players, in all 3 teams, were an absolute credit to themselves and the school, showing fair play and respect for the other teams and referees.

I'd like to say a huge thank you to Mr O'Brien, Mr Slater and Mrs Bond for their help with the 3 teams, as well as a massive thank you to all the supporters that cheered us on, as well as waiting around in the rain for the late finish! We couldn't attend these events in such great numbers without a lot of effort from parents and other helpers so it is very much appreciated by myself and the children.

Overall, it's another wonderful day to be proud of St Joseph's pupils, another trophy for the cabinet and now on to the year 3 and 4 event next Thursday!

Have a lovely evening.

Mr Dawson