



The Sport Buzz

R A Butler's Half-termly Sports Update— February 2026

Dear Parents and Carers,



Happy new year from the PE team and what a great start to 2026 we have had with some record breaking success. Firstly, we attended the Indoor Sports Athletics something we have not attended in many years and with outstanding success given the time and preparation the children had!

In addition, we won the year 5&6 large schools swimming gala for the first time in 7 years! Such an amazing achievement. Our year 5 & 6 hockey squad began their league fixtures which take place every Friday afterschool at JFAN school and all teams have had a great start. Please see overleaf for some hockey camp details running over half term.

This next half term will be another busy few weeks so please do take a look at important diary dates.

KS2 Swimming Gala

This term, RAB was represented by 46 children in KS2 in the local schools swimming gala. The children have been training since September both at swimming training and class swimming, focusing on perfecting their swimming technique. All the children did superbly well to cope with the noise and pressure of swimming against some great swimmers from other schools. It showcased our brilliant 6 Rs, in particular risk taking and resilience whilst being in the pool. It also showed great togetherness and cohesion with everybody cheering on the swimmers in the pool from the side. The competition was very tough this year, but our children rose to the occasion and performed some exceptional lengths. Our Year 3 and 4 team finished 2nd overall, whilst our Year 5 & 6 team finished 1st overall by 2 points. This means the Year 5s and 6s have qualified for the next competition for the first time in 8 years. Special mention goes to Mrs Wesley who has put so much effort into making this possible, and to all the children who attend training every week. This result truly shows how hard the children having been working to swim as fast as they can, swimming really well every week at either swim squad training or class swimming. Everyone at RAB was super proud of the achievement.

Indoor Athletics

RAB also attended the two Indoor athletics competitions that were held at Dame Bradbury's school in January. It was the first time in many, many years that we as a school attended this event, and it was GREAT fun. With only having a couple of training sessions to prepare and understand the complex events they needed to learn, the children all did amazingly well. On the first day, the Year 4s competed in a variety of field and track events against 9 other schools— ranging from standing long jump, to 5 bounding strides. The children gave it their all and really pushed themselves to achieve the best outcome possible. The Year 4 squad finished 2nd overall, narrowly missing out on Gold by 4 points as a team.

Year 4 Individual Results-

Lyra B (4CC)- Gold Standing Long Jump, Annabelle R (4MM)- Gold Javelin, Raymond B (4MM)- Gold Chest Push and Gold Vertical Jump, Freya B (4OR)- Silver Chest push, Charlie A (4OR) & Rex A (4OR) joint bronze Chest push, Dexter R (4MM) bronze speed bounce.

On the second day, the Year 5 and 6s competed in some slightly different field and track events also at Dame Bradbury's. Activities included events such as 4x1 relay as well as Javelin and Long Jump. Again the children only had very minimal time to really understand some new activities that they hadn't seen before. Once again, our children rose to the occasion and performed to a really high standard to finish 3rd overall out of 9 schools— taking back the Bronze. Overall, the Indoor Athletics was a success for us as a school and great fun for all the children involved.

Year 5 & 6 Individual Results- Esme W (5LT)- Gold Standing Long Jump, Josie H (6JR)- Gold Chest push, Ffion J (6AE)- Gold Standing Triple Jump, Joe B (6JR)- Gold Standing Long Jump, Freddie W (6SM) & Clark J (6JR) Gold Paarlauf, Harry B (6JR)- Bronze chest push, Wilf M (6AE)- Bronze Javelin.

Active Maths Festival

On the 29th January this term, 30 Year 3 children were chosen by their class teachers to attend and take part in an Active Maths Festival at Lord Butler Leisure Centre. The activities were led by Saffron Walden County High students. On the day, the children were split up into 2 groups of 15, and went around 8 different stations led by the SWCHS leaders. Children took part in 8 fun and engaging activities that combined both PE and maths, working together with their peers to solve some tricky problems whilst staying active. All the children showed great engagement with the Year 9 leaders and represented the school so wonderfully. They also learnt many new skills— both in a sporting perspective and maths perspective. It definitely got the children's brains working. The afternoon was great fun and super success for all that participated.

Diary dates Provisional 2026

February

Wed 25 Year 3-6 Cross Country

Thurs 26 Year 5 & 6 Netball

March

Wed 4 Year 4 Tag Rugby Finals

Weds 11 Year 5 & 6 Hockey

Tues 17 KS2 Dance and Gymnastics

Thurs 19 Year 5 & 6 Netball

Fri 20 KS1 Dance Festival

Tues 24 KS2 Inclusion

Team Training Weekly

AM

Thurs Netball team training

BREAK

Tues Cross Country KS2

LUNCHTIME

Mon Year 5 & 6 Football

Tues Year 4 Tag Rugby

Thurs Gymnastics

AFTER SCHOOL

Fri Year 5 & 6 Swim Squad (2:30pm)

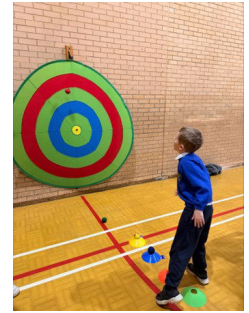


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KS1 Panathlon

Our final event of this half term was the KS1 Panathlon event also held at the Leisure Centre and led by some SWCHS students. Eight children were chosen from KS1 to represent the school and partake in a range of multi-skills activities alongside peers from other local schools. All the children were challenged in some difficult games, learning new skills and ways of interacting in an inclusive sporting environment. Everyone maintained all of our school values at this event, really showing how resilient they can be whilst maintaining their respectful relationships with one another. They were even lucky enough to receive a very special medal for how well they did as well as a personalized colorful certificate with their names on. We are very proud as a school to have children represent us so well, and once again a massive thank you to the staff that attended the event.



ZEN ZONE & MILEAGE MAKERS FUN

In the autumn term, we launched 2 new sporting initiatives to encourage children to be active during a breaktime in the week. 'Zen Zone' is a new yoga and mindfulness session that is led by Mrs Joubert on a Wednesday breaktime in the KS2 hall. The focus is on learning new yoga poses, stretching, movement, breathing and mindfulness. The club is open to everyone as a non-competitive way of being active and to find enjoyment in a different way through sport.

'Mileage Makers' is another way of staying active for the children at RAB, in an inclusive and non-competitive way. This club is led by Mr Moss either on the astro or field on a Monday breaktime. The focus is on endurance running, where the children try to run as many laps as possible in a breaktime. Active Heroes minutes are rewarded for participation. These 2 initiatives have been very popular with the children and we are always open to more children being involved and coming along.



If your child is interested in hockey please see information about camps during half term. Take a look at their website for more details and info on joining.

Sporting Achievements

We love to hear about your sporting achievements outside of school, please send them into pe@rab.academy so we can feature these in our sports Buzz.

Looking ahead ...

Summer trials will take place for KS2 at the end of next half term so keep an eye out for more details about this...

KS2 PE next term will be tag rugby.

It has been a great start to the Spring term and we look forward to many new opportunities next half term.

Saffron Walden Hockey Club
In conjunction with **GW Sport**
Thurs 19 February 2026
SKILLS BASED – Suitable for goalkeepers
● 10am – 12pm ● £20 per person
● 8–10 years ONLY

FEBRUARY CAMP

BOOK NOW!

Details and book at:
saffronwaldenhockey.co.uk