



# The Sport Buzz

R A Butler's Half— termly Sports Update— January 2023

Dear Parents and Carers,



We are very excited to welcome you to our first edition of The Sport Buzz, a half termly newsletter that aims to bring you all the sporting news from RAB.

This month's sporting activities have already got off to a great start with children in the swim squad from years 3-6 taking to the pool to compete in a very fast paced event. Everyone swam amazingly to take 2nd place overall. Tommy L, Emma H, Wilfred M, Emily S, Freddie W, Ella P, Xavier S, Ella B, Henry R, Eva F, William S, Jessica H all took first place in their races. Well done to everyone involved!

We have also begun our hockey unit in PE and all team training has started up again. Our extra curricular clubs have also commenced this week. Please take a look at some key diary dates for this coming half- term, we have included all the scheduled events taking place. Fixtures and competitions can sometimes be subject to change so please always ensure you check correspondence from the school emails for the most up to date information.



## You said... We did...

Thank you to all those families who took part in our PE Pupil and Parent perception survey. The feedback we received was overwhelmingly positive. All the fantastic feedback and comments have inspired

us to make some positive changes to the way in which we communicate within our school community. We hope you find these useful and effective. Below we have explained some of the changes we have made following your comments.

**You said** you felt communication was good overall however, you would like more information about what the children do at school and a summary of events which have taken place. With this in mind we have created this half termly newsletter dedicated to all the sporting news and updates here at RAB, giving you all the information from the previous half term and a look ahead at what is coming in the new term, all in one place.

**You said** it would be helpful to have access to the sports calendar to see what fixtures are coming up. We have created a new section which is now live under our Sports tab on our school website which has all the upcoming sport training, fixtures and competitions that are currently scheduled. Please follow the link to find it on our website <https://www.rab.academy/sportcalendar>. Please always look out for emails for the most up to date information. In addition to this, we understand there are a number of different sports teams your child may be involved with so we have created a sporting fixtures booklet to give to children which will go out in the next week. This in particular will be great for the older children in preparation for secondary school.

**You said** you would like to see a wider variety of extra curricular clubs and so we have added Gymnastics and Street dance into our new club timetable alongside a variety of new and exciting club opportunities, such as Maypole dancing, zentangle, four square and apparatus for lower year groups.

Once again thank you for your feedback and we look forward to seeing the positive impact these changes have.

## Physical Education

In the Autumn term our focus in PE was on fundamental movements, football and tag rugby for KS2. The children took part in a number of small sided games and skill specific work to build on their football and tag rugby skills, as well as their teamwork skills.

This term in KS2 we will be working on hockey, building the foundations and developing those key skills that they will take into secondary school.

In KS1 our PE curriculum focus was on developing and consolidating fundamental movements such as balance. This term Early Years will be exploring our wonderful apparatus. Both years 1 and 2 will be developing their throwing and catching skills through the use of Real PE.

At the end of each half term all the children complete their reflection templates. This is a great way to incorporate theoretical learning alongside the physical by encouraging the children to think about the key terminology and skills they have learnt during PE.

**Real PE Home Logins**— As part of our PE offering we are using a fantastic resource in the form of Real PE. It delivers fundamental movement lessons to all our children from Early Years all the way to Year 6. It is so important, no matter our age, that we continue to develop and progress these movements. It doesn't have to stop at school—everyone at home can access this learning and practice together in the comfort of your own house. All children have their very own login which should be in their planner or on Seesaw. Please could you login and start to explore this wonderful resource, it will give you an insight into some of the key learning that we are focusing on in our PE lessons.

## Diary dates this term

### February—details to follow

Tues 21	Pupil Voice meeting (online)
Wed 22	Hockey Squad Year 5/6
Fri 24	Afternoon Tag Rugby – Yr 3/4

## Team Training Weekly

### Break time

Tues & Thurs Cross Country

### Lunchtime

Tues	Hockey Development
Wed	Tag rugby
Thurs	Archery (Qualified Teams Only)
Friday	Netball

### After school Team training

Thurs	Sport specific (check timetable)
Fri	Hockey (check timetable)



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In addition to PE, clubs and team training, last term saw the introduction of the **POWER HOUR**. This is a lunchtime activity session which the children can choose to take part in on their designated day. They earn active minutes for their class and the class with the most active minutes each week are crowned, Active Class Heroes!



### Sporting Success Autumn Term

Wow! What a fantastic term we had for sport in the Autumn! We saw huge success with football with both our boys and girls Y5/6 teams qualifying through to the Essex County competition. Both teams did extremely well. The boys' team worked immensely hard to make it through to the semi-finals, narrowly missing out on a place in the finals. We were very proud of their brilliant teamwork and resilience. The girls played fantastic football and showed great determination. They made it through to the finals and won 1-0 to bring home the huge county trophy, becoming Essex County Girls Football Champions! They have qualified for the Regional Competition which is scheduled to take place in March this year and they are all very much looking forward to it.



In October we took 11 KS1 children to a Multi-skills Sports Festival at Felsted which was very successful. The children had great fun building their confidence, working as a team and interacting with other local school children. It was a brilliant opportunity to demonstrate their great sportsmanship at such a young age!

In addition we took 9 children along to a Kurling and Boccia competition at Lord Butler, fun was had by all. Both teams got through to the finals of the Boccia competition and came away with 2nd and 3rd place. There will be some more Kurling and Boccia competitions this year so watch out for those!

November was a busy month with 11 fixtures and competitions. We started off the month by taking 90 KS2 children to a cross-country competition at Herbert's Farm competing in cold and windy conditions. We came away with 7 medals and 32 children have qualified, making the team, and continue on to the next round which will take place in March.



Year 5 and 6 tag rugby had several home and away fixtures and attended a competition at Katherine Semar, involving local schools. RAB played some great rugby applying all those skills they had been working on in their PE lessons and training. Orange team took fourth place, blue team took third and our red team took first place, two of our teams have qualified through for the next round.

Years 4, 5 & 6 have all been dodging, ducking, dipping and diving in their Dodgeball competitions and have done fantastically well.

This is just a snippet of all the outstanding sport the children have taken part in so far and we look forward to what's to come this half term. The children always try their best and demonstrate extraordinary sportsmanship at these events and we are very proud of them all. An enormous thank you to all those parents who have volunteered at the sporting events so far this academic year. We thank you for your continued support and help with this.

### Looking ahead

This half term we have a lot more exciting sporting events coming up. In February we have hockey and tag rugby to look forward to. Remember you will be able to refer to the school website sports tab or fixtures booklet which will have all of the upcoming events this term. All teams have received their training timetables which will have all their training information. Please ensure you read it carefully as your child may belong to more than one team.

This information can also be found on the PE noticeboard so children can always double check there.



As we had to unfortunately postpone the Christmas Assault course in December due to the amazing drifts of snow, we have rescheduled this event for later in the year. More information will follow.

### Sporting Achievement

**Do you know someone who has received any sporting recognition or achievements outside of school and would be happy for it to appear in the Sport Buzz? Please get in touch at [pe@rab.academy](mailto:pe@rab.academy) We would like to celebrate these and share them in the next instalment of the Sports Buzz.**

RAB PE Department