



The Sport Buzz

R A Butler's Half-termly Sports Update— March 2023

Dear Parents and Carers,



Welcome to the second edition of the Sport Buzz. What a fantastic term we have had for sport! All the children have shown such teamwork, sportsmanship and resilience over the last few weeks and making us so proud here at RAB. We have taken part in a huge variety of sporting events and competitions this term and have highlighted some of these below. Please take a look at the key diary dates for the upcoming term and a list of the summer team training.

Hockey



Everyone knows we love hockey here at RAB and we have had a fantastic term of hockey fixtures and competitions. Mr Smith is very proud of how the children performed all the skills they have been working on in school and during their training sessions and how the children were able to apply these during the games. The children demonstrated their strong

teamwork skills, going from strength to strength as each fixture took place. Throughout February and March, the Red, Navy and Blue teams had alternate fixtures at JFAN every Friday, developing their game play and teamwork skills. For the Year 6s this was a great opportunity for them to build on their hockey in preparation for their move up to secondary school. Watch this space! The teams placed 2nd, 3rd and 7th in the recent local schools tournament which was fantastic, well done to all who took part!

Tag Rugby

This term also saw us have huge success with our Tag Rugby. RAB hosted an event which included the whole of Year 4. They all took part in an afternoon competing in a fun environment against their fellow peers, as well as teams from Katherine Semar and St Thomas Moore. The afternoon was a huge success and we were pleased with how the every child in Year 4 pushed themselves, even those who hadn't played much of this sport before.

Our Year 5/6 teams also had great success taking 1st and 3rd place in the USSP competition! Both teams played some amazing rugby, making great tags, breaks through the line and showing great supportive play (both teams pictured right). To have two teams in the top 3 at this event was phenomenal and the PE department were really proud of how both teams performed.

Cross Country



We have had a lot to battle with the weather conditions this month but the children have showed such determination at every event. Whilst, some children unfortunately lost out due to the weather, we were able to take 37 children to Herbert's Farm to compete in the next round of cross country, all the children did amazingly well with 20 children qualifying for the county finals in Southend which took place this week. At the Southend finals, our Year 6 boys team (Freddie C, John P, Tommy L, Charley H, Adam C, and Raff J) took Bronze which was incredible and our Year 3 boys (Freddie W, Liam Y, Clark J, Henry H, Harry B, Jack E) came in 5th, which for their first ever event of this scale, was amazing.

The Year 5 girls (Sophia F, Tammy K, Eva P, Lyla C, Chloe, W) took 7th place, another great top 10 placing. Our individual runners, Rory P (Y5) placed 24th and Luke M(Y4) placed 15th. Well done to everyone who took part, all the children did very well on a long and cold day in Southend and we are incredibly proud of all of them.

Diary dates this term

April

Thurs 27 Archery Finals
Fri 28 Rounders Festival Year 5

May

Wed 3 Rapid Fire Cricket
Thurs 4 Three Tees cricket
Wed 10 KS1 Inclusion
Fri 12 Mini Tennis
Wed 17 Rounders Year 5/6
Tue 23 Dynamos Cricket

Team Training Weekly

Wed AM

Netball Development

Break time

Mon Cricket bowling practice
Tues & Thurs Cricket Fielding practice

Lunchtime

Mon Year 2 Hockey Heroes
Tues Hockey Development
Thurs Athletics (Jumping practice)
Friday Rounders

After school Team training

Thurs Sport specific (check timetable)



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Dance

10 girls from Y3-6 took part in the Gymnastics and Dance performance held at SWCHS. They performed a theatrical number wonderfully choreographed by Sue Raven, (pictured with the girls) in front of a fully packed auditorium. They all danced beautifully. They showed such resilience even though they were very nervous performing in front of such a large crowd. Sue was very proud of how the girls performed and they all had so much fun. Girls pictured left, Grace T, Ada R, Nancy A, Alice I, Georgia F, Amber M, Ruth C, Daisy R, Taisia S, Lydia P. Thank you to Sue for all her brilliant support of our dancers.



Netball

We have had some brilliant netball on display this term. On the 3rd March the whole of Y6 (90 children) attended a High 5 netball competition at SWCHS where some excellent netball was played. It was amazing to see the whole year really getting involved! Unfortunately, once again the weather wreaked havoc on our outdoor sports and the Y5/6 netball competition which was due to take place on the 28th of March was rained off. The organisers are hoping to rearrange this but we have had nothing confirmed yet. We will keep you posted.

We did however, manage to take 15 Y4 girls to a netball festival at Dame Bradbury's. For many of these girls it was their first experience playing netball in this environment, they had lots of fun and played in a variety of positions, giving them a great first experience of competitive netball. We look forward to seeing these girls play more netball in the future. Don't forget you can sign up for netball development which takes place on a Wednesday morning at 8.10am and will continue after the half term.

Football

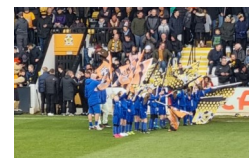
We of course have to mention our Y5/6 girls football team who have gone from strength to strength this year, winning the county finals and making it through to the Regional finals. They did not lose a game at Regionals and although they did not qualify for the final playoff, we are immensely proud of the girls and we hope they continue to play the fantastic football they have been playing all season. All the girls have demonstrated what it means to be part of a team! They have not lost a game all season and are the most successful RAB football team of the last decade. Well done girls!



Sporting Achievement



Four of our Year 3 RAB girls Grace A, Ailbhe C, Annie B and Ffion J were asked to be guard of honour at the local Cambridge United football match. The girls play for PSG U8's football team with weekly training, and matches on a Saturday, which take place all across the county. The game was Cambridge United Vs Ipswich Town and they all got to experience being on the pitch, taking penalties before the match and then being part of the guard of honour for the players. 'It was a brilliant experience for them and they did RAB proud'. *F Jones*. It is fantastic to see so many girls playing football and following in the footsteps of our Lionesses!



Well done Girls! Amazing job and such great commitment to your sport!

We love hearing about your sporting achievements outside of school, if you would like to share an achievement in the Sports Buzz please email pe@rab.academy.

An Exciting Announcement ...



We are very excited to announce a brand-new opportunity for your child to be involved in this coming Summer Term, and for the foreseeable future. 'RAB Running Heroes' is a new initiative for Years 3-6 and part of our newly formed RAB Active Heroes programme. We have noticed a huge decline in children enjoying running over the last few years, but we are keen to put the happiness back in, provide more information on the benefits of running and deliver running sessions that have more of an incentive or a goal to work towards.

What is 'RAB Running Heroes' all about?

Becoming an RAB running hero is so much more than just running around a field:

- We will provide a different running route every two weeks, so it doesn't become monotonous
- Running tag games once a week (introduced in the power hour or alternative lunchtime, running tag games will be calculated into laps)
- Earn house points and active minutes
- Certificates at the end of each half term for everyone, with the opportunity to gain more if your child returns each half term.
- RAB Running Hero award for each half term for the most kms run
- RAB Running Hero award for the most resilient runner each half term

All of the above is for anyone, it's inclusive! No trials, no judgement, just turn up do as little as you want or complete the whole session, it's up to you!

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Looking ahead...

We are excited for the next term ahead, as it is the beginning of the Summer Term. This means there will be a lot of cricket, rounders, athletics and hopefully some sunshine for all these fantastic outdoor sports! With the recent weather, team trials have been difficult to carry out so these will now take place in the new term. We will look to complete these in the first week back, please look out for further email correspondence with more information.

We will be working on Athletics during PE for the first half of the summer term for both KS1 and KS2.

Lastly, we would like to say a huge THANK YOU to all the parents and volunteers who help us at our events and competitions. Without you, a lot of these events could not take place and it is very much appreciated by the PE department.

**We hope you all have a lovely Easter break.
RAB PE department.**