



The Sport Buzz

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

Dear Parents and Carers,



What a busy term this one has been. In November alone we attended over 10 sporting events and have had huge successes at a number of competitions. We want to say a huge well done to all our teams, your dedication to training and commitment to sport is amazing, we are very proud of your achievements, keep up the fantastic work!

This half term, we qualified through to the next rounds in Dodgeball, Basketball and Tag rugby. The year 6 boys attended the Essex County football finals, we attended the Inter schools Golf competition and we entered our first cheerleading competition. We have selected some highlights of the last half term below.

Not only that but last week all the children took part in Mr Smith's annual Christmas Assault course, **snow** much fun was had by all!. Please take a look at the key diary dates for next term as we kick start the year straight back into competitions with the swimming Gala the week we return and Hockey squad training starting at JFAN.

Dodgeball

We have had huge success with our Dodgeball teams this year with both year 4 and year 5& 6 teams qualifying through to the district round of competitions. Our year 4's played so well after a tricky start, finishing 4th. Three of our year 5 & 6 teams qualified through to the district round and played some brilliant dodgeball showing their fantastic throwing, catching and dodging skills. Our Navy team played some tough games but showed real resilience to take first place overall! This was an amazing achievement and means they have now qualified for the county finals which will take place in the summer time.



Basketball

We also had huge success in our basketball, the children have been training really hard each week in a sport not many of them have played much of before. The effort in training showed as they played in a tough competition with other local schools. We took 3 mixed teams (36 children) to the competition and all played brilliantly. Well done to Team 1 who have qualified for the county competition which takes place in January.

Boys Football Finals

Our Year 6 team qualified for the Essex County finals and we would just like to say a massive congratulations to the boys, it is a difficult competition and they faced schools from around the county. They played well and as the tournament progressed got better and better. They finished 8th overall, well done to all involved!

Archery

The children always love an Archery competition and RAB played host this year. An all day event saw children from years 4,5 and 6 taking part, in the morning and the afternoon. The children received many medals for both individual scores and team scores (pictured right). We are still awaiting confirmation of scores from other local schools and we will let you know once we have the results. A massive well done to all involved on a very successful day.



Cheerleading

We entered our first cheerleading competition this year with girls from year 4, 5 and 6 taking part. The children did so well to learn this routine in a short space of time and showed real dedication and commitment. A video was sent in for entry and we will hear in the New Year how we got on. I want to say a huge WELL DONE to everyone involved for a great performance. The video was shown to school in assembly.



Diary dates this term

January

- Wed 10 Swimming Gala
- Thurs 18 Basketball
- Wed 24 Sports Hall Athletics Yr 5/6
- Wed 31 Sports Hall Athletics Yr 3/4 TBC

February

- Wed 7 Sports Hall Athletics Final
- Wed 14 Tag Rugby Finals 5/6
- Thurs 15 Tag Rugby 3/4
- Wed 29 High 5 Netball 5/6

Team Training Weekly

Wed AM

Netball Development

Break time

Tues & Thurs Basketball Training

Lunchtime

Tues Hockey Development 4 & 5

Wed Tag Rugby training

Friday Netball

After school Team training

Fri Hockey (see separate time table)

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Golf

Johnny M and Oliver E represented RAB as a pair at the Uttlesford Inter Schools Golf Tournament which was held at the Saffron Walden Golf club. It is brilliant that RAB are able to compete in such a wide variety of sports. The boys did amazingly well coming in third place overall and bringing back Bronze. Huge congratulations to them and well done!

MR SMITH'S CHRISTMAS ASSAULT COURSE



This year's Christmas assault course was snow much fun! The children had an amazing time, tackling their way through the course, crawling under nets, running through foam barriers, dodging around poles and climbing through tricky ropes. They braved the course in the cold, wind and rain and showed their true resilience and determination. The snow machine and Christmas songs of course help keep Christmas spirits up, even for the adults! The children truly had a blast... and I don't think there was a clean jumper in sight, which is what we like to see. Mr Smith was hugely proud of all the children, especially the little ones who needed very little encouragement to get stuck in. This is something the RAB PE department thank Mr Smith for introducing to the school and is something we will definitely continue.

Sporting Achievements

We would like to congratulate Ruth C from 4AF on her huge success at a recent Triathlon competition! Ruth completed her first season of triathlon, competing in a number of events over the year to become the **East Region Triathlon Champion in her age category!** What a huge success for Ruth, she trains weekly with Walden Tri and we can see she is clearly very dedicated to her sport which is evident in her recent success. We are so proud of Ruth, such an amazing achievement! Ruth also swims with Saffron Seals. Keep up the great work Ruth!

Remember If you know anyone who has a sporting achievement that they would like to share in the Sports Buzz please email pe@rab.academy with more information.

Looking ahead...

Next term the KS2 children will be doing Tag rugby in PE and so will need to bring in football boots/rugby boots if they have them. It is non contact so no gumshields or shinpads are required.



Once again we would like to say a huge Thank You to all the parents and volunteers who have helped us this half term. We have had such a busy term with a huge amount of sporting events taking place and your help is invaluable. We would like to wish you and all your families a restful Christmas break and we look forward to seeing you all in 2024!

**Have a lovely Christmas break.
RAB PE department.**

Thank You
and Merry Christmas