



It's been a busy term at St. Augustine's. The children have been taking part in lots of sporting activities in their PE lessons, after school clubs and after a long break we have finally be able to play in a match against other primary schools which was very exciting!

We have also been encouraging the children to be active at playtime and to always think about how they can demonstrate the key values of determination, honesty, respect, teamwork, self-belief and passion in both their play and sport

Sports Captains



Congratulations to the following children who have been appointed Sports Captains:

St. Therese de Lisieux

Carla Y3, Mary Y4, Chigozirim Y5, Kyronne Y6

St. Josephine Bakhita

Niarae Y3, Reuben Y4, Joseph Y5, Latisha Y6

St. Francis of Assissi

Patricia Y3, Edgar Y4, Juan Y5, Samantha Y6

St. Jerome

Davi Y3, Gabriella Y4, Sali Y5, Samuel Y6



Basketball Festival

On 8th November Mrs Barnett and Mrs Thomas took a group of Year 3 and Year 4's went to Bonus Pastor to take part in a basketball festival against other local primary schools. It was very exciting to have the opportunity to take part in an inter-school competition again and the children were a great credit to the school coming 2nd overall but scoring the most hoops. Thank you to Carla, Leon, Mikkel, Varshitha, Bafategue, Edgar, Esther, Fiachra, Mary and Victor for being such great ambassadors for St Augustines!
"I thought that the basketball was really fun. I would really like to go again to meet new people and play basketball with other people." Esther



Why is teamwork important?

"You always have someone to help you and make you feel confident."

Davina Amor, Y3





Running Club

During the Autumn term we introduced a lunchtime running club for KS2. Mrs Duffus, Mrs Stoneham and Mrs Barnett took a group of children to Beckenham Place Park each week where we practised different elements of running including sprinting, long distance, hurdles and relays. "I enjoyed hurdles and the relay races, it was so fun!" Zofia



Next term we are extending our club offering to include gymnastics and basketball as well as running and football and look forward to seeing the children taking part.

Personal Challenge

Lots of the KS2 children took part in a challenge this term to see how many times they could throw and catch a ball in a minute. The idea was to see by how much they could improve their own score. Lots of the children also challenged themselves by making the catch harder, using one hand or throwing the ball higher. Well done to the following who really showed great determination and self belief in the challenge: Ivan and Rachel in Year 6, Patricia, Giselle and Julia in Year 5, Jaylon, Chetachi and Ebose in Year 3 and for showing the same great qualities in PE lessons : Tobj, Fiachra and Daniel in Year 4.

Outside Achievements



Congratulations to both who completed Stage 3 this term in their swimming lessons!

In November, Ivan ran for Lewisham in the London Youth Games cross country. We were delighted that he was selected, what an amazing achievement and experience. "It was hard - the course was wet and it was hilly, I was proud to be chosen."



We also took part in the Lee Valley Minithon during half term and competed in the 200m, 600m and long jump. Coming 2nd in each vents and one of our children was presented with a bronze medal. A fantastic achievement!

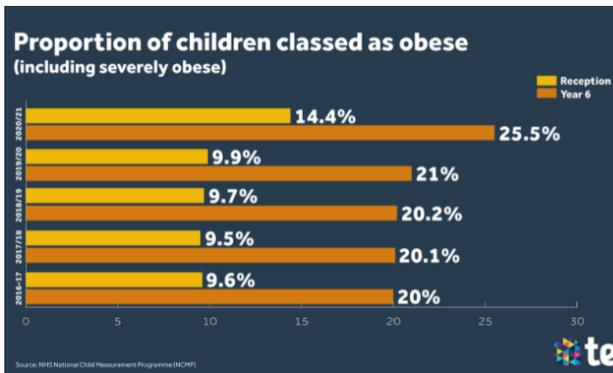


PE Kit

Please ensure your child has a white t-shirt, navy shorts and navy tracksuit bottoms in their PE bag together with trainers or plimsolls. If children wear PE kit home after a club please return it the next day. Long hair should be tied up and children should not be wearing any jewellery.

Active Lifestyles

Last month, new figures were released showing the proportion of children classed as obese from the latest primary school data. The trend has been increasing over the past few years but post-pandemic has accelerated. Primary aged children are increasingly overweight, British children are among the least active worldwide and very few are active for the recommended hour a day. It is so important to equip our children to develop healthy, active lifestyles whilst they are young so that they take these habits, knowledge and motivation with them as they grow. We try to ensure the children are as active as possible in school and would encourage you to take any opportunity to encourage them to be active at home too - small changes and healthy choices can make the world of difference! At the end of this newsletter are some simple ideas the children can try at home.



Physical Activity for Children and Young People

Children should be physically active for at least 60 minutes every day

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sports and physical activity events
- W-A-Day
- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

Physical activity and sport is linked to:

- Improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

Of the 1/3 Nearly a third of children aged 2 to 15 are overweight or obese.

Children aged 11 and from the poorest income groups are 3 TIMES as likely to be obese compared to their most well off counterparts.

Children who are aerobically fit have higher academic scores.

Drink more water instead around 6-8 glasses per day

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Curriculum Lessons and Inter House Competition

In PE lessons this term the children in KS1 have been learning to throw and catch in different ways and with different balls, they have also learnt how to use bats to strike balls. KS2 children have been developing their skills and knowledge in football, basketball, netball and rugby. Year 4 have been swimming and all year groups have been learning gymnastics and dance.



Well done to everyone for their effort and enthusiasm in their lessons and congratulations to St Therese de Lisieux who were the winners of this term's Inter-House competition!

Community

Are you able to help us? We are always keen to find ways to enrich our children's learning through physical activity. If you are able to spare time to help, for example to teach them a dance or if you know of any local coaches, clubs or activities that might be of interest then please let us know, we'd love to hear from you.



American Heart Association.

25 WAYS TO GET MOVING AT HOME



1

Run in place for 30 seconds



2

Dance party for 1 minute

3

Stand up and sit down 10 times



4

Read standing up

5

Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)

7

Do the hokey pokey

8

See how many squats you can do in 15 seconds

9

Stand up, touch your toes

6

Jumping jacks for 30 seconds

12

Stretch your hands high over your head



13

Arm circles forward for 30 seconds, arm circles backward for 30 seconds

10

Wall sits while reading



11

One-minute yoga

16

Stand on one leg, put your hands up, put your hands out to the side

17

5 lunges on the right leg, 5 lunges on the left leg

14

10 frog jumps



15

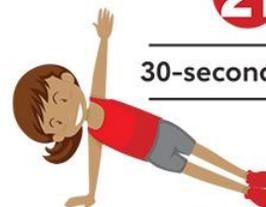
Standing mountain climbers for 30 seconds

20

Practice spelling by doing a jumping jack for each letter

21

30-second plank



ABC 18 ㄤ

Practice spelling, do a squat for every vowel

19

Run in place for 30 seconds, check your heart rate

24

Ball toss spelling practice. Toss the ball and say a letter then toss the ball to someone else to say the next letter

25

High knees for 30 seconds

22

Practice math problems, do a jumping jack every time the answer is an even number

23

20 leg lifts

heart.org/KidsActivities

Why is it important IMPORTANT TO BE ACTIVE EVERY DAY

