



## PE, Sport and Physical Activity Newsletter

### Autumn Term 2023

Well done to all the children for your fantastic efforts this term in the PE lessons, coaching sessions, after school clubs and competitions that you have taken part in. It is always lovely to hear the children talk about what they have done, learned and enjoyed throughout the term. Thank you also to all the staff and parents who have supported and encouraged the children, enabling them to participate in such a wide range of activities.



### Sports Captains

Our Sports Captains this year are:

**St Francis of Assisi:** Skylah, Ella, Ebose and Matias  
**St Therese de Lisieux:** Trevone, Aniyah, Carla and Sultan  
**St Jerome:** Matilda, Lindsay, Angelo and Daniel  
**St Josephine Bakhita:** Matheus, Ike, Kian and Victor



No doubt they will be fabulous role models for their classes.



### Big Mile/ Big Half

Richard ran the Big Mile and Mrs Stoneham ran the Big Half in September. We are usually offered community places in the Spring - if you are interested please let Mrs Stoneham know and she will contact you when they become available.

*"I ran with my mum. It was tiring! I got a medal which was wooden." Richard*



### Tag Rugby

Children in each of the KS2 classes received coaching from Blackheath Rugby Club this term for five weeks during which they learned different skills and tactics. Following this, Year 3 and 4 played in a tournament against other schools who had also taken part in the coaching programme.

*"We learnt how to play tag rugby. My favourite thing was when we got to play and tag each other." Aniyah*

*"The rugby tournament was good. I liked playing the games. Our team did well, we tried our best." Matilda*

Unfortunately, due to the poor weather, Year 5 and 6's tournament was cancelled twice but we hope it will go ahead in the New Year.



## New Age Kurling

Mrs Stoneham and Ms Tomsa took a small group of children from Year 1 and 2 to Holy Cross for the morning to play New Age Kurling. They had a lovely time meeting the other children, learning how to play and then practising rolling the stones at the target. Well done to Kayson, Naheim, Adesuwa, Ezekiel, Kashawn and Kyanee for being such lovely ambassadors for St. Augustine's.



## Dr Bike

We are very grateful to Dr Bike Lewisham who visited us this term and was able to check and repair the children's bikes and scooters to make sure they were safe for them to use.

*"We had to see if we could get one of the moving things on the target. It was fun."*

Naheim



## BBL Play Off Finals

Discounted tickets for the BBL Playoff Finals at the O2 on 19<sup>th</sup> May 2024 are available on Parentpay for £10 each.



## New Scooter Helmets

Thank you to the PSA who kindly donated new scooter helmets to the nursery children. They have been well used already and it is great to see the children learning good habits to help keep them safe later on.



## Bikeability

Children in Years 5 and 6 took part in Bikeability training this term. They start by learning how to check their bikes are safe to use before starting a journey and progress to learning the key skills, knowledge and understanding that will enable them to cycle safely and confidently.



*"We practiced going round the playground first and then we went on the road. We learnt to signal by putting our hand out and we learnt how to overtake safely."*

## Outside

### Achievements

Congratulations to Olivia for achieving Stage 1 at swimming!

## Gymnastics

The children in Gymnastics Club put on a fantastic display for their parents and carers to show what they have learned this term. .





## Girls Football Tournament

St Dunstan's hosted a football tournament for Year 5 and 6 girls in Lewisham Borough. In the first round of games they won every match they played and in the finals they finished in 3<sup>rd</sup> place - an absolutely brilliant achievement! We were all very proud of them, not only for their fabulous results but their great teamwork and attitudes. Congratulations to Neriah, Mary, Victoria, Esther, Julia, Santi, Carla and Adeola.



*"Practicing with Coach helped because we knew how to get in position in the match. In the first round we won every match and in the finals we won three of our games and came 3<sup>rd</sup>. We got medals and a trophy."* Carla



## Cycle To School Week

Cycle to School Week is a really good opportunity for more of the children to try coming to school on their bikes and scooters and it was lovely to see so many of them doing this. We also had a poster competition for the children to design their dream bike. The entries were amazing, the children have fabulous imaginations and their posters were displayed in the hall so they could all appreciate the hard work and creativity that had gone into so many of their designs.



## OPAL (Outdoor Play and Learning)

The children have really enjoyed Free Flow Fridays when they have all been able to play in both of the playgrounds. We have begun introducing 'loose parts' such as crates, dressing up clothes, fabric, pots and pans which has encouraged a lot of imaginative play. We hope to extend this to other days and would be grateful for donations of old hats and bags, suitcases and toy cars (big or small) that we can add to the fun!



*"There's all fun stuff. You get to play on the hammocks. I like being with the older children."* Azraiah



## Effort In PE

Congratulations to the following children who have demonstrated great effort this term:

**Year 1:** Hosanna, Rhea, Eben    **Year 2:** Harry, Joel, Olivia    **Year 3:** Matilda, Francia, Tishany  
**Year 4:** Lindsay, Wisdom, Ike    **Year 5:** Carla, Adele, Abishanth    **Year 6:** Julia, Jeshmi, Fiachra

