



St Martin de Porres Catholic Primary School

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"Through Jesus we achieve our very best."

SPORTS ZONE NEWSLETTER edition 1

The purpose of the "Sports Zone" Newsletter is to keep you informed and updated with everything active that is going on at St Martin's.



We are delighted to announce that St Martin's, has achieved the School Games **SILVER** Mark Award for 2017/18. The School Games Mark is a Government led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community. We are delighted to have been recognised for our success.

Our sporting achievements last year included: **SOUTH BIRMINGHAM FOOTBALL DIVISION 3 CHAMPIONS, KINGS NORTON NETBALL LEAGUE CHAMPIONS, COUNTY CRICKET RUNNERS UP, BASKETBALL LEAGUE PLATE WINNERS & RUNNERS UP AT THE WINTER SCHOOL GAMES FINALS.**

We are extremely proud of our pupils for their dedication to all aspects of school sport. As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs. We are pleased that the hard work from everyone at our school has been rewarded and will continue to strive forward with bigger and greater achievements this academic year.



This half term children in each class have been learning the following during their PE lessons:

RECEPTION - have been learning and investigating different ways our bodies can move.

YEAR 1 & 2 - have been concentrating on their Fundamental Movement Skills.

YEAR 3 & 4 - have been learning all about different Invasion Games and how to play Dodgeball.

YEAR 5 & 6 - have been improving their knowledge and skills around Football, Basketball and Hockey.

It is a National Curriculum requirement that your child participates in PE lessons. Please ensure your child has their PE KIT with suitable pumps/trainers in school every day.

AFTER SCHOOL CLUBS

Next half-term's clubs are now full of nearly half of the children in Key Stage 2 attending a club. Your child will have received all the dates of the relevant clubs they are attending.

Please can you ensure that your child has a drink/water bottle with them and they have a change of clothes or wear their school PE kit.

All clubs finish promptly at 4.30pm so please make sure your child is collected on time.

SCHOOL KITS

If your child represents the school and wears a school kit, this must be washed and brought back into school. Thank you to parents who have already done this.

HOCKEY & DODGEBALL SCHOOL GAMES COMPETITIONS

We are very proud of both our Yr6 Hockey and Yr3/4 Dodgeball teams who both won the Silver medal at their respective School Games Competitions this half term.

Team photos are on our sports page on the school website.

Thank you to all parents/family members who supported the team and helped with transport.



BASKETBALL

Our Year 5/6 Basketball team won the School Games Competition, winning all 4 matches they played.

They now have qualified for the Winter School Games Finals which will be held in February where we will play Basketball against schools from across Birmingham.

The team showed great sportsmanship throughout the competition and we are very proud of this achievement.

Thanks to all parents who came to support and helped with transport, this is greatly appreciated.

Team photos are on the school website.



PLAYLEADERS

We have 12 brand new children enrolled as Playleaders. These children work and help our Key Stage 1 children at lunchtimes to become more active by playing simple games/exercises with them.

They are working towards different rewards for their time spent at lunchtimes. They have their own section on the school website which will be updated regularly.

BOYS' FOOTBALL TEAM

The Boys' Football season has been rather short this half term. Victory over Hollywood last Friday secured our place in the South Birmingham Second Division. Games will recommence in February next year.

New to the Sports Newsletter this year is



The World Health Organisation recommends that children and young people aged 5-17 should be physically active for at least 60 minutes daily. 30 minutes of this should be done at school, while the other 30 minutes should be outside of school hours.

Physical activity has the following benefits on children:

- Improves behaviour, social skills and confidence
- Strengthens muscles and bones
- Improves health and fitness
- Makes you feel good

In a world ever reliant on tablets, laptops & mobile phones, please encourage your child/ren to be more active. Simple activities such as walking to school, riding their bike, walking to the shop, playing in the garden/park all counts towards being physically active.