



# St Mark's Junior School

## PE & Games Newsletter

### Thirst for Sport!

2015 Term 3 & 4



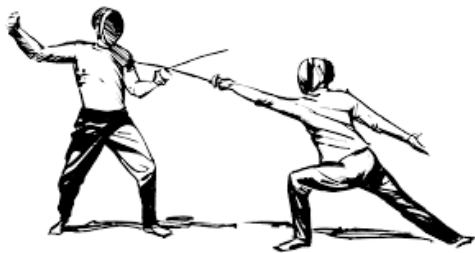
#### Overview

Most parents and children recognise the importance of reading, writing, ICT and maths. If our children are literate and numerate, with good computer skills, then their chances of future success in life are higher. However, some of you may not be aware just how beneficial PE is to the overall development of each and every one of us. Of course keeping children fit in this modern world of computer games and obesity epidemics is vitally important, but that isn't the only reason why this subject is so crucial. Why don't you have a think about the many positive effects which PE can have on our lives, write them down and hand them to me or email [admin@st-marks.wilts.sch.uk](mailto:admin@st-marks.wilts.sch.uk); some of the best replies will appear in the next Newsletter which will be published in July. I look forward to hearing from you. Happy Easter to you all!

A. HAMILTON

#### Fencing Day: 'On guard!' by Jasmine Mann (Oak Class)

On Friday February 27<sup>th</sup> Years 5 and 6 had the opportunity to take part in a lesson on fencing. We learnt how to hold the sword properly and how to attack. All the lessons took place on the playground and it was great fun to do something new and different to what we normally do.



#### A big thank you from Mr Hamilton to:

- The children who contributed to the reports and articles which appear in this Newsletter; well-done gang.
- Tris Dixon who is a boxing writer, gym owner and the parent of Ben in Year 4; Tris recently spent an afternoon with Year 6 explaining the benefits of skipping and teaching them some great new tricks.
- Megan Cheetham, for keeping our pupils active and occupied in a fun way every lunch-time.
- To all parents who ensure their children have the correct PE kit in school.

#### Year 3 Gymnastics Festival by Aiden Plumb (Chestnut Class)

A group of us from Year 3 went to St Edmund's to do some gymnastics. We learnt how to do backward rolls, forward rolls, handstands and balancing. I liked the backward rolls best but all of it was very entertaining. Girls from St Edmund's were in charge of the different activities and showed us what to do. It was suitable for children who aren't very sure about gymnastics and want to learn and get more confidence.



#### Year 6 Tag Rugby Tournament by Chhimi Sherpa (Spruce Class)

On 11<sup>th</sup> March we took part in the Salisbury Primary Schools' Tag-rugby festival. We all really enjoyed the event and had lots of fun. At the end of the competition we had won three games, drawn one and lost four. Twenty two schools took part and we finished in eleventh place. (In the top half!). We thank Mr Hamilton for organising this day and Mr Flemington for taking us and cheering us on. Chhimi Sherpa, Jasmine Mann, Cara Steggles, Ed Green, Lauren Lamberth, Fynn Lockwood, Will Corfield, Gefei Wang and Will McDaniel.



#### Dance Diary by Joe Duffy (Spruce Class)

During Term 3 the whole school did Dance lessons as part of their PE. In Year 6 we had great fun learning Street Dance. The music we used was called "Up Town Funk," which was really boppy and helped us to get into the mood. Miss Mansell taught us a routine which had lots of arm movements and hip movements in it. At the end of the term we had to perform our dance to the other Year 6 classes. The teachers judged Spruce class as being the best one but said everyone had done really well. I liked these lessons a lot!



#### Looking forward to Terms 5 and 6: Warm sunny days ... hopefully!

In our lessons we will be improving our knowledge and performance in cricket and athletics, followed by swimming and multi-sports in June and July. At the end of Term 5 we are hoping to have a sponsored event in aid of the British Heart Foundation. "The Great British Jump Off" will be an opportunity for the children to share and celebrate their newly acquired skipping skills whilst raising money for a very good cause. Sports Days, Swimming Galas and House Tournaments are coming too. Bring it on!

## **Sports Clubs Term 5**

### **MONDAY**

**Year 3 and 4:**  
Mini Marathon

**Year 5 and 6:**  
Cricket

### **TUESDAY**

**Year 5 and 6:**  
Mini Marathon

### **THURSDAY**

**Year 5 and 6:**  
Cricket

### **FRIDAY**

**All Years (pm):**  
Football with  
Premier Sports  
(Jack Brooks)  
(Boys/Girls)

**Year 3 and 4:**  
Tennis

## **Orienteering League**

### **by Dominic Holyoake (Willow Class)**

Orienteering is the sport of finding certain points on a map, running to them and getting timed for completing the course. This is, in my opinion, a brilliant sport, celebrated all over the world. You may not think it is good fun but as soon as you start running to the first point you'll see what I mean. The first time I got to try this amazing sport properly was just recently. With the rest of my class (Willow) I went in the minibus to a forest on the outskirts of Salisbury. First we were directed to a tent by a volunteer. This tent proved very useful as we could put our rucksacks and coats in it. Shortly after that we were taught how to read a map and how to use our clippers. Then it was off to the courses, A and B. Joshua Villanueva was my partner and it took us about thirty minutes to get round because we had a few problems to overcome on the way! We were full of excitement at the end, having made it back in one piece and I can't wait to do it again!

## **Going for Goals Football Tournament**

### **by Seth Moody (Maple Class) and Will Corfield (Pine Class)**

On Monday 16th March, we went to Chelsea football team's training ground, to play a football tournament. Firstly, we played against Pewsey, they were a very strong team and sadly we lost 2-0. Pewsey went on to win the tournament overall! Our second game was against Semley. We started well and Jack scored an awesome goal which put us into the lead, however, unfortunately Semley later equalised meaning we drew 1-1. Next, we played Poundpill and at this point we were feeling more determined for a win with a stronger formation in force. Charlie delivered two excellent corners within minutes of each other...Ben scored from the first and Seth from the second - a brilliant 2-0 win leaving us even more determined for our final game in our league. Finally, we played St. John's, they gave us a great game and had a strong defence but luckily we managed to put one past them - another cracking goal from Jack!

Having played all of our league games, we were feeling quite nervous as to whether we had done enough to earn a place in the semi-finals; it felt like forever waiting for the results to come in. When they did come in, unfortunately, we just missed out on a place in the semi-finals on goal difference, meaning we finished 3rd in our league and 5th in the overall tournament. We would like to say a big thank you to Miss Halski for taking us.

Team: Seth Moody, Will Corfield, George Haynes, Theo Cochrane, Ben Haywood, Jack Lamble, Archie Pickersgill, Ed Green and Charlie Pyke.

## **Skipping4Life Year 3 and Year 4 by Laura Beveridge (Fir Class)**

On Monday 2<sup>nd</sup> March the classes in Year 3 and 4 were taught lots of things to do with skipping by "Skippy John" from the Skipping4Life Company. We have also been learnt new skipping skills in our lessons during Term 4 as well. It was great fun!



## **Our Guide to Warm Ups**

### **by Maddie Banfield & Martha Royle (Pine Class)**

At the start of PE lessons it is important to warm up so that you don't pull any muscles. Stretching, mobilising joints and exercises to make your heart beat faster are the three main focus areas. Lunges are a sort of stretch as is making yourself as tall as possible. Shoulder rolls, ankle rotations, head rolls and spine rotations get our joints ready for action. Spotty dogs, star jumps, running on the spot and hopping on alternate legs will get our blood pumping round the body faster. You need to do this because your muscles need the oxygen which is in the blood to make them work properly. Finally you are ready to do your chosen sport. Go!

## **Club report: Table-tennis by Kitty Fox (Lime Class)**

Table tennis club takes place every Friday before school at 8 'O' clock and is led by Mr Hamilton and Mr Williams. Once you have set up the tables you can play matches against other children and see how many hits in a row you can do with Mr Hamilton. After we have done this for about 30 minutes we play a game called round the table. The players make an equal line at both ends of the table and once you have hit the ball you run and join the back of the line on the opposite side. When you miss you lose a life and the winner is the last one left at the end. I like table-tennis because it helps with agility and you are able to make friends with people in different year groups. There are some simple rules in table-tennis such as you must hit the ball to make it bounce on the table on your opponent's side of the net and if they don't get it back in the same way then you win the point. You must never hit the ball with your hand! Did you know that table-tennis has been voted the best racket sport in the world and that the people of China absolutely love it? Well you do now!



**Determination – Teamwork – Respect  
Do your best to be the best!**

**Mr Hamilton**