

St Alban's Sporting Excellence 2020



As a result of COVID-19, the activity levels of many children have dropped significantly, and their emotional wellbeing and mental health has suffered as a consequence. Because of this, we believe that physical education (PE) is now more important than ever.

The intent of the Physical Education Curriculum at St Alban's C of E Primary Academy is to develop our PE practices to ensure that all students, including those with Special Educational Needs and Disabilities (SEND), will learn in a way that is adapted and personalised to meet their needs.

In doing so, all pupils will have the opportunity to:

- ✚ Experience a balanced and varied curriculum that allows them to participate in a wide variety of activities that cover the development of fundamental KS1 skills and progress to sport specific skills in KS2. This includes: invasion games, jumping, throwing and catching, striking and fielding, and athletics sports.
- ✚ Learn how to swim at least 25 metres by the end of Year 6 and know how to remain safe in and around water.
- ✚ Gain an understanding on how to improve their own and others' performance.
- ✚ Understand how to use sport specific terminology with confidence, having built up an extended specialist vocabulary.
- ✚ Recognise the importance of being active and showing a willingness to participate in lessons, and developing the ability to make informed choices about engaging in extracurricular sport.
- ✚ Learn how to lead a healthy lifestyle through sensible eating and regular exercise, and understand the importance of looking after their mental well-being.
- ✚ Understand how to use initiative when acting as a sports leader, organising and officiating, and evaluating what needs to be done to improve performance, motivating and instilling excellent sporting attitudes in others.

'HIT THE GROUND RUNNING'

Virtual sports competition

Hit the Ground Running took place earlier this year and was the first Virtual School Games Competition that took place in South Yorkshire.

From the word go, St Alban's year 6 children were engaged in activities that included running, walking, ball dribbling and relays around the school field. The launch of this competition in September was the start of our sporting calendar and, as always, children at St Alban's were willing candidates to get involved.



Lunch breaks have been the prime time to get going for this competition and the children's laps around the field have been recorded daily. At the end of each week our scores are sent to the South Yorkshire School Games team.

The final results will be announced at the end of on Monday 7th December.

The year 6 bubble are working hard as a team to ensure their average mileage is as good as possible. With the help of Thomas Maragkakis, Bailey Miller, Jake Hall and Daniel Vernon, encouragement is at its highest. Others use the time as a way to catch up and chat with their friends as they go, still putting in the mileage. The benefits of being active outside is incredibly beneficial on the children's physical and mental well-being and a credit to their inspiration on improving their fitness levels, instilling a lifelong commitment.



St Alban's School Games Awards

2020/2021

St Alban's ranked Distinction



2018/2019

St Alban's ranked Platinum



2017/2018

St Alban's ranked Platinum



2016/2017

St Alban's ranked Platinum



2015/2016

St Alban's ranked Gold



2014/2015

St Alban's ranked Gold



2013/2014

St Alban's ranked Gold



2012/2013

St Alban's ranked Gold



2011/2012

St Alban's ranked Silver



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, and we are delighted to have been recognised for our success.

What's Happening Next?

Virtual Athletics Competition

We are pleased to announce that the Sports Hall Athletics competition will be going ahead virtually. We have until Friday 29th January 2021 to submit our scores to the School Games team.

For this competition, St Alban's will take part in a Rotherham-only event where 4 teams from Y3/4 and 4 teams from -Y5/6 will qualify for the South Yorkshire School Games finals.

While virtual, this competition will run similar to usual events and there will be a great emphasis on children achieving their personal bests. This means that schools and children are encouraged to revisit challenges as much as they like to improve their scores before submission.

Every student will take part in each of the following events:

- Standing Long Jump
- Speed Bounce
- Shuttle Run
- Vertical Jump
- Chest Push

This will be done within their school bubbles.

The scores achieved will generate a virtual competition score based on the top 5 boys and top 5 girls performances in each 5 events.

The virtual competition score will then be submitted back to the School Games Team.

SCHOOL GAMES VALUES - This challenge focuses on a number of the School Games Values. See below for the two specific School Games Values for these challenges.

- 1. Teamwork** - Due to the scoring system, bubbles are encouraged to work as a team to ensure their average mileage is as good as possible. Children should encourage each other to take part to contribute to the total bubble mileage.
- 2. Honesty** - As in any competition, honesty is everything. We encourage participants to be as honest as they can during this competition, which we are sure they will be!