



Sandal Castle (VA) Community Primary School

Headteacher: Mrs N T Russell BA Hons PGCE NPQH

www.sandalcastleprimary.co.uk

Friday 6th October

PE and School Games Newsletter



What are the Benefits of The School Games?

The School Games is a fun and enjoyable way of engaging all young people through school sport; either as a competitor, young leader, official, or as part of a media team, focusing on promoting sport. Sport can encourage the growth of numerous qualities within young people and our children's success is celebrated around six key values: determination, honesty, passion, respect, self-belief and teamwork. These are called the 'Spirit of the Games'. All six of these values encompass and reflect our own school beliefs and rules.

Find out more on our school website and see what fantastic sporting opportunities we have already been involved in as well as upcoming events!

Sports Club Spotlight: KS2 Running Club

It hasn't been an easy ride in running club recently but everyone has worked really hard at pushing themselves. On our first week, we set our target: running as many laps of the school field as we could manage. Everyone set their own target which would challenge them but also one which they could conquer. We have become stronger as a team, helping each other along the way. We did some 'fartlek' training this week, which included sprinting for 10 seconds, walking for 20 seconds and jogging for 30 seconds... then we repeated it! It was challenging yet exciting, even if we didn't have chance to catch our breath we had to keep going! It got harder the more we did it!

Overall, running club is a huge challenge but we confront it head on every time. It is entertaining, but at the same time we are exercising our bodies. It helps us both mentally and physically and is loads and loads of fun!

Megan 6LW

Sporting Fixtures and Results:



Football League Fixture 2 – Hendal V Sandal Castle

On Thursday 5th October, our Year 5 / 6 football team played against Hendal Primary. This was our first victory of the year. The team used their defensive skills to a very high standard, resulting in a 2 - 0 lead to Sandal at half time. In the second half, Hendal came back fighting and scored their only goal of the game but we became even stronger in defence which resulted in a 2-1 Victory for us. Mrs Parish's 'Players of the match' went to Josh and Max. Both boys showed magnificent determination and sportsmanship! A brilliant team and a very well deserved win, well done boys!

Upcoming Fixtures:



Netball League Fixture 2 – Hendal V Sandal Castle

Thursday 12th October at Hendal Primary School (3:45pm start)



Indoor Athletics Pyramid Competition

Wednesday 18th October at Kettlethorpe High School (3:45pm approx. start)