



Sandal Castle (VA) Community Primary School

Headteacher: Mrs N T Russell BA Hons PGCE NPQH

www.sandalcastleprimary.co.uk

Monday 8th October

PE and School Games Newsletter



Active Learning: The importance of being active

Research shows that sitting still for long periods is not only bad for our long-term health; it's bad for behaviour, focus and concentration too. That's why it's vitally important for all pupils to be active throughout the school day, on top of their statutory two hour (minimum) Physical Education lessons and their active break and lunchtimes. This activity should be for a minimum of 30 minutes and a further 30 minutes outside of school too. We know how significant this is and have seen the positive effects this approach has already had on all of our pupils, through our further developing curriculum to get all of our pupils more active. Our rich, broad and balanced curriculum, with physical education being a critical element, recognises how important children and young people's physical health and emotional well-being are, and the relationship between these and academic achievement.

Our ever developing curriculum further promotes the importance of children being physically active, whilst learning, so have a look at our website to see what we've up to!

Sport Spotlight: Boccia

Boccia is an inclusive sport that tests muscle control and accuracy, where players propel balls to land close to a target ball. Two sides compete as individuals, pairs or as a team of three, over a set number of ends. Each side has six balls (red or blue) to try and score points, which are accumulated over the course of a match to find a winner.

Sounds simple? It is to get started, but the tactics of the sport offer both tension and excitement as the game plays out. Our children of all ages and ability absolutely love playing this sport as not only does it test their physical skills but their tactical skills too. Keep checking our website for further Boccia festivals we have hosted or been a part of and see how much our children enjoy it!

Sporting Fixtures and Results:



Boccia Festival at Sandal Castle Primary School – Wednesday 3rd October

What a fantastic event we had on Wednesday. This was a new addition to our pyramid festivals this year, one which our children thoroughly enjoy and one which I'm sure will become a firm fixture. To say this was the first time some of the children had played Boccia, they showed great confidence and skills throughout. All children displayed fantastic sportsmanship and encouragement, which created a fantastic, pleasant atmosphere and it was lovely to see! Despite us narrowly missing out on winning, it was an excellent, inclusive festival which everyone enjoyed and we can't wait for the next one!



Football League Fixture 1 – Hendl V Sandal Castle

Sandal Castle 4 – 2 Hendl

On Thursday 4th October, our Year 5 / 6 football team played against Hendl Primary and what a brilliant way to start the season with a victory! Hendl proved tough opponents as always in a hard fought encounter. There were some fantastic goals scored by both teams and the game was played in excellent spirit. Harrison was a constant threat in and around the opponent penalty area whilst Alfie P looked to pepper the goal from the edge of the box. A solid performance from Musa, Max, Alfie H and George in defence and Matthew in goal helped keep out a dangerous looking Hendl front line. Emmanuel, Charlie, Alfie C, Natamgwe and Jacob controlled the game in midfield, linking the play with great passes and supplying our strikers with chances. Both teams showed great determination and willingness to work hard for one another in a fantastic season opener. We look forward to welcoming Dane Royd here for our next fixture.

Upcoming Fixtures:



Year 4 AllSaints Partnership Community Football Festival

Tuesday 9th October at Sandal Castle Primary School



Netball League Fixture 1 – St James V Sandal Castle

Thursday 11th October at St James Academy (3:45pm start)



Indoor Athletics Pyramid Competition

Wednesday 17th October at Kettlethorpe High School (3:45pm approx. start)