

## **Sports events taken part in 2021-22**

### **Autumn term**

- We began a new whole school challenge Golden Mile challenge- Quest to Qatar where we try and run the 4246 miles between our school and Qatar where the World Cup is being held next year.
- Energise me and the Hampshire school games organisers provided a varied programme of Virtual School Games skills based competitions which can be done within class PE sessions.

At the end of the Autumn term all of Year 1 took part in 2 Virtual sports events run through our school games organiser for all schools across East Hampshire to take part in. One was a Virtual Multi skills competition- with the intention of developing resilience and self- belief by trying to beat their personal best score. There were 3 challenges in this competition- agility obstacles- where the children had to see how many times they could complete a course in 45 seconds, target throw- where they had to see how many attempts it took to throw 5 beanbags into a target and a balancing challenge where they had to see how many times they could complete an obstacle course whilst balancing a beanbag on their head which the children took part in as part of their PE sessions in school.

The second virtual event was a gymnastics one with the intention being to develop physical literacy and movements of the body. The first activity was a paired challenge- where the children had to pass a ball between them as many times as they could in 30 seconds whilst standing on one leg. the second challenge was to see how many jumping jacks they could do in 1 minute and the third challenge was performing a jump sequence of a star jump, tuck jump and straight jump and measuring the whole distance they jumped.

The results for each event were then sent off to our school games organiser and for the gymnastic event we finished in the Top 3 for the Year 1 age group -coming joint first with 39 teams having taken part across 23 schools in East Hampshire!

### **Spring term**

- On 24th January Natalie Clayton Shepherd – a PE teacher at Perins came along with some of their Dance leaders to work with Year 1 children The intention was to deliver a workshop where they learn and develop a motif as a pair, piece it together with others and perform the final piece to staff and or other pupils, at the end of the session.
- All children took part in the Hampshire school games skipping challenge- to see how many skips they could do in 30 seconds for KS1 and 60 seconds for KS2. They also all took part in the panathlon event- which consisted of 3 challenges- a beanbag target, a slalom and basketball shot. Throughout the year there are a variety of virtual skills based competitions organised by Energise Me and the Hampshire School Games for all schools across Hampshire to take part in. Classes take part in these during their PE sessions in school and then the results from their personal best are sent in to Energise Me to be collated. Certificates are awarded for the top 3 teams in our area and the top 3 teams in the County. During the Spring term there was a skipping

competition- with the challenge of seeing how many skips the children could do in 30 seconds for KS1 and 60 seconds for KS2. Our Year 1's came 3<sup>rd</sup> in this, Year 2's second and Year 5's third.

- We also took part in a panathlon competition. There were 3 parts to this challenge. The first part was a beanbag target where 15 numbered hoops were laid out. The children had to throw 5 beanbags and see what the highest total was they could get. The second part was a slalom course. For this the children had to navigate their way in and out of 6 cones whilst balancing a beanbag on a racket as many times as they could in 45 seconds. The final part of the challenge was a basketball shot- where points were scored for how many times they could throw a ball into a hoop. Again classes took part in this during their PE sessions and the results from their personal best sent in to be collated. Our Year 1's came 2<sup>nd</sup> in our area for this overall and our Year 5's 1<sup>st</sup>!
- The Year 5/6 children who attended netball in the autumn term took part in a netball competition at Perins on 30<sup>th</sup> March, competing in a tournament against other schools . The competition followed the England netball new programme for primary age pupils called Bee Netball. 19 teams from schools across East Hampshire came together to compete in the new Stinger game. We played 6 games in total- which were all 6 minutes each on court. The games followed the Bee Netball rotation of positions so everyone got the chance to play in both defending and attacking positions during the competition. The girls who took part all played really well as a team, demonstrating good sportsmanship to both each other and the teams we played. In total our team scored a very impressive 12 goals! Out of the 6 games played we won 4, drew one and conceded just one. The final game especially was a very exciting, fast paced 6 minutes with goals frequently being scored by both teams resulting in a winning 4 goals being scored in total by our team. One of the Year 6 players summed up that "I felt so proud to represent my school and to play in a team with my friends. It was such good fun and I loved every minute of it.

### Summer term

- Farah Fonseca- current world's strongest woman came in to talk to the whole school and then deliver a workshop for all KS2 children which they found very inspiring.
- In June Mrs Clayton-Shepherd from Perins came to deliver a tag rugby workshop with all of the Robins class. Throughout the session they worked on tag rugby skills and then put them into practice through mini competitive tag rugby games.
- On Friday 10<sup>th</sup> June we took 10 children from Years 5 and 6 to Perins to take part in an after school Quadkids athletics competition. The children took part in all 4 events - a 75m sprint, a 600m run, standing long jump, and a howler throw. It was very impressive how far the children could throw the howler with 2 of the Year 5 boys throwing it further than the track that was marked out! The combined times and distances for each team and each event were added up for the final team positions and we came a very impressive second overall with only 2 points separating us from

the team who came first! It was a lovely event One Year 6 child commented that “it was really good fun and I got to take part in events that I have never tried before.”

- On 20<sup>th</sup> June each class took part in a skipping workshop. The children were introduced to modern and traditional skipping games including individual rope tricks, speed skills and Double Dutch. The days sessions were finished off with a showcase involving the whole school where each class demonstrated some of the skills they had been learning within their session.
- We celebrated the Hampshire School Games Week this year from Monday 20<sup>th</sup> June to Friday 24<sup>th</sup> June by taking part in a week of activity to celebrate all aspects of PE, School Sport and Physical Activity in celebration of the Commonwealth games. The week started off with class assemblies about the Commonwealth- what it was and what the Commonwealth Games involve. Each class then took part in a great skipping workshop. The children had great fun learning skipping skills and games. The day also involved some training in modern and traditional skipping games with the Year 5 children which they will be able to use when playleading to get children skipping at playtimes. On Tuesday it was our competition challenge where each class was involved in races in order to earn house points for their team. Due to the pandemic, for many children this was their first experience of a sports day and they all really joined in with the challenges and team spirit. It was so lovely to see so many parents come and support the children and hear your enthusiastic cheering. We were so proud of all the children. All the Year 6 children were involved in setting it up the races, scoring the team points and manning the finish line and were exemplary in doing so. The final house point relay around the track was a very exciting finale to a fantastic morning. On Wednesday each class took part in a dance challenge - again to earn points for their house point team. Some classes had fun with the macarena and just dance with points being earned for the most enthusiastic or creative dance moves! On Thursday the challenge was to be active in the classroom with classes doing one of their tasks with no chairs allowed for 15 minutes. Each class also took part in a skipping challenge- putting in place the skills they had learned during the skipping workshop at the beginning of the week. The final challenge of the week was a fun Golden mile challenge with children adding in a twist such as moving around the track as different animals with points being earned for the most inventive animal! All of the children's individual points were tallied up with the red team winning the house point cup this year!
- One of the Hampshire challenges of the week was to see if children of Hampshire and the IOW can clock up enough miles to travel across the world visiting Commonwealth countries as they go. For each of the challenges we completed the children earned 1 mile for their school and we clocked up 525 miles towards this.
- Each class took part in 2 Virtual events throughout the summer term- a run throw and jump one and a tennis one. For the run, throw and jump event the children were involved in a sprint shuttle run, seeing how many laps they could run in 20 seconds, a standing long jump and a distance throw. In the tennis event they had to see how many times they could sandwich catch a tennis ball in a set time, how many times

they could dribble the ball around a track and how many points they could score in a tennis rally.