



Balcombe CE Primary School Sports Newsletter

Dear Parents,

Producing this newsletter is always a great chance to reflect upon our sporting endeavours. We have been busy this Autumn Term despite the seemingly very damp middle section of the term.

Football

We decided to have a focus on football during the first half term. The ever-popular Monday afternoon club run by SCS was joined by a Wednesday girls only club and a Friday Y5 & 6 boys squad club run by Toby. This meant that over 50 children were enjoying extra football sessions at some point during September and October when the school field can be used before the winter weather makes it unplayable!

Some Year 3 and 4 children enjoyed going to the Mid Sussex Active (MSA) football festival. They ran around all afternoon improving their skills before playing in some small games against other schools. Everyone came away tired but happy.



The extra sessions paid off when the boys competed in the NEARS Football Tournament. They had a good structure and better understanding of how to play to their strengths. They finished the tournament unbeaten. This meant they were joint first with two other schools on points. All the boys played well, with special mention to George, who with his usual determination played every minute and covered most of the pitch chasing down opponents before driving the team forward.



Keep Moving Challenge

With schools being requested to increase the amount of physical activity above and beyond PE lessons we have decided to trial a Keep Moving challenge. The challenge is simple – to keep moving for 10 minutes. It evolves as the children become fitter. For some it is to increase the number of minutes they can jog before walking to catch their breath, for others to complete the full 10 minutes of jogging, others to increase the distance they can cover and eventually increase to 15 minutes. Thanks go to the class teachers for squeezing in an extra activity during an already packed curriculum. Please try to ensure the children have suitable footwear in school everyday. We hope to increase the children's fitness, resilience and sense of well being as the year progresses.



Cross country

Building on our keep moving challenge and despite the inclement weather around half term a group of determined runners from Year 4 – 6 have braved the field at lunchtimes to prepare for the NEARS cross country tournament. A group of ten runners from Y5/6 was then picked, only for the event to be postponed due to torrential rain. We are looking forward to demonstrating our determined running in the second week of January.

Netball

Netball is always popular at Balcombe. The new markings on the playground are a much needed improvement and incentive to play. Netball club on a Wednesday is providing an opportunity for Years 4 – 6 to practise their game play before playing competitive High 5 games in the new year. The Festival for Year 3 and 4s at Oathall, back in September was superbly run by their Young Sports Leaders. The afternoon was filled with skills based activities and a basic introduction to game play. Sklya proved the shooting star and a prospect to look out for in future years. James and Ben showed their competitive side. The afternoon was a great opportunity to showcase what a fabulous game netball is. We are aiming to use some new England Netball resources across the whole school to further improve our enthusiasm for the game.



New age kurling and boccia

A group of Year 4 and 5 children went to the Triangle in October for a festival for more unusual sports. Boccia is a target game played with soft leather balls. It was devised as a game for sports people with high support needs and is therefore played from a seated position. It is great fun to play and we often try a version of it in infant classes. This event allowed us to use the proper equipment and everyone who attended loved the cut and thrust of the game.

We are fortunate to have a New Age Kurling set at school. The children really enjoyed being able to send their stones down a larger run and test their skills against other schools.



Gymnastics

We were keen to get involved with a gymnastics competition this year. Unfortunately for our Year 6s it clashed with their Bikeability sessions but this meant a keen group from Year 4 and 5 stepped up to compete against older children this week. Mrs Smith prepared the group for their vault, floor work and body management skills before taking them to St Paul's for the competition. Considering the group was young for the competition they did extremely well and scored highly. It bodes well for future years. Well done Elizabeth, Noah, Seb, James C, Daphne and Martha.

Girls and Boys Get Active

MSA held their Girls Get Active afternoon in November. This repeated a very successful session held last year. This year almost 400 girls from local schools danced, zumba -ed and stretched their way through a very busy two hour session. We were quite exhausted after the session but as you can see had a really enjoyable afternoon.



A week later it was the turn of the boys. The session was based around the same concept of everyone participating in four active sessions to music. The activities were slightly adjusted to appeal to the audience and the boys were magnificent all afternoon, never once sitting down and not participating. Well done to Jos for his amazing push ups, James D, Ryan, James C, Ben and Reece.



Active Advent

Mid Sussex Active are running an Active Advent challenge. Every day they set a new challenge on their website and twitter page. You can also access it on our @BalcombeSport twitter page. These photos show the Santa Sleigh and star jump challenges. Please do encourage your children to take part at home and share their endeavours with us on twitter.



We are looking forward to a busy Spring Term. We are signed up for cross country, hockey, basketball, badminton, netball, indoor cricket and tag rugby festivals and competitions. As ever, our participation in all these fantastic sessions can only happen with support from parents helping with transport and help with supervision. Thank you if you have helped us already this year; we really are extremely grateful.

All that remains is for me to wish you all the very best wishes for an active Christmas!

Lucy Dunsby