



Sports News

July 2018 - December 2018

July 2018

- **Nursery Sports Day:** On Wednesday 27th June. A wonderful day was enjoyed by all parents, pupils and staff.
- **KS1 and KS2 Sports Day:** Our annual event took place on Thursday 28th June with great success. Thank you to all the staff for the support and pupils from previous years that came to help on the day.
- **School Games Level 3 Gymnastics Competition:** On Thursday 28th June, Renee from Y6, represented our school and North Tyneside in the Open Category. Renee came 3rd in the competition! We are all very proud of her amazing achievement.
- **School Games Mark:** On Tuesday 3rd July, Mrs Iliadou had a meeting with staff from the North Tyneside PE department, at Langdale, to present our school's PE documents and apply for the School Games Mark. **The application was successful and our school received the Gold School Mark Award for a third year in a row.**
It is a great achievement for the size (number of pupils) of our school. Once again, a big thank you to all my colleagues and Mrs Jordan for the continuous support they gave me throughout the year to achieve the award. Congratulations to all of us!
- **Pedestrian Training:** On Tuesday 26th June and 3rd July, all pupils in Year 3 received pedestrian training.
- **"GoSmarter" Project - Car Free Day:** On Monday 9th July, St. Columba's teamed with North Tyneside to promote a "Car Free Day" in our school. "GoSmarter" is a school transport project, supported by the Department of Transport, aimed at promoting sustainable and active travel for children whilst reducing congestion and pollution around schools. During the day, the pupils had the opportunity to be involved in various activities, explore and use the camera facilities inside the Camera Car. On the day, the children were asked to bring their bicycles for "Dr Bike" to give them a free health check. We thoroughly enjoyed the day and we will definitely repeat it again.
- **"Girls Active" Adventure Day:** In collaboration with St. Thomas More Academy, our school offered a trip to 14 girls from Y4, 5 & 6, on Monday 9th July at St. Cuthbert's RC Primary school. The aim of the trip was to provide all girls with the opportunity to

experience Outdoor Adventurous activities and develop their problem solving and teamwork skills. The activities involved Outdoor cooking, Archery, Problem Solving and Climbing. The girls thoroughly enjoyed the trip.

- **Y5 Swimming Gala:** On Wednesday 11th July, 15 pupils from Y5 and 2 from Y4 took part in the North Tyneside annual event at Hadrian Leisure Centre.

Ben came in 2nd place at Back Stroke and Eva in 3rd place at Butterfly. Congratulations to all the pupils who represented our school.

September 2018

- This academic year, in collaboration with PEAK Sports, Jared Hunter, our PE apprentice, will be based in our school for 4 days per week. He is studying Sports Coaching, Level 3, at Sunderland College.

Mrs Iliadou is Jared's mentor and he will be shadowing her in PE lessons.

Jared's roles will involve:

- * Team-teaching and support in PE lessons with all members of staff across Early Years, KS1 & KS2

- * Planning and delivering PE lessons on his own (with the presence and support of the class teacher)

- * Running the boys Football club and school team

- * Supporting Mrs Iliadou in various lunch time and after school clubs

- **"Modeshift STARS" Bronze Award:** During June, in collaboration with North Tyneside Council, we applied for the award. We are very proud to announce that our school has been awarded the Bronze Level "Modeshift STARS" Award. "Modeshift STARS" is the national schools awards scheme, supported by the Department of Transport, which has been established to recognise schools that have demonstrated excellence in supporting walking, cycling and other forms of sustainable travel. The scheme encourages schools across the country to join in a major effort to increase levels of sustainable and active travel in order to improve the health and well-being of children and young people. We would like to thank all the parents and pupils for such a great achievement!!
- **"Dribble, Dish, Swish" Basketball Coaching Sessions:** As part of the Hoops4Health project, Shaun Malone, Basketball coach from Newcastle Eagles, delivered 2x2 coaching sessions in Year 3, on

Thursday 13th and 27th July. The programme involved physical activity using Basketball skills to improve fitness and hand-eye co-ordination and classroom sessions covering topics like healthy teeth, food diary, smoking, water and sleep. The children thoroughly enjoyed the all activities.

- **Basketball Club:** 10 pupils from Y4, 5 & 6 were involved. The club started on Monday 17th September for 5 weeks. Coaches from Access Coaching delivered the sessions.
- **Energy Club:** On Tuesday 18th September, Energy Club started again at Breakfast club. Pupils across the school keep active and have fun by taking part in various activities for 30 mins weekly before school starts. Designed and delivered by Mrs Iliadou, the club includes learning and developing different generic skills, increasing confidence, self-esteem and motivation in a fun environment.
- **Y2 & 3 Football Club:** 18 pupils took part. The club started on Tuesday 18th September for 5 weeks. Mrs Iliadou and Mr Hunter planned and delivered the sessions.
- **Girls Football Club:** 10 pupils from Year 4, 5 & 6 took part. The club started on Thursday 20th September for 5 weeks. Miss Metcalfe planned and delivered the sessions
- **Boys Football Club:** 32 pupils from Year 4, 5 & 6 were involved. The club started on Thursday 20th September for 5 weeks. Mrs Iliadou and Mr Hunter planned and delivered the sessions.
- **Dodgeball Club:** 21 pupils from Year 2 & 3 took part. The club started on Friday 21st September for 5 weeks. Mrs Iliadou planned and delivered the sessions.
- **Year 2 Multi Skills Festival:** The whole class took part on Tuesday 25th September, at The Parks, North Shields. The children had a fantastic afternoon and took part in a variety of activities.
- **Year 5 Holy Island Residential Visit:** From Wednesday 26th to Friday 28th September. Nearly all of the Y5 pupils attended. Mrs Jordan, Miss Quinn, Mrs Iliadou and Mr Walls accompanied the children. Activities included rock pooling, walking, paddling and building stone towers!

October 2018

- **Primary Leadership Event:** 12 pupils took part in the event on Wednesday 3rd October at The Langdale Center, in Howdon. The event was organised by the North Tyneside PE and Sports Team and

was aimed at pupils in Y5. Throughout the day, the children were involved in various leadership activities to encourage them to confidently lead activities at school.

- **Y6 Sailing Trip on River Tyne:** On Thursday 4th October, 12 pupils from our school and St. Aidan's took part in an exciting new experience. Mrs Iliadou and a member of staff from St. Aidan's accompanied the children throughout the trip. On board the James Cook vessel, we sailed from Royal Quays, up the river Tyne and docked overnight near the Millennium Bridge. During the trip the children helped with tasks such as preparing the meals, cleaning and sailing the boat. It was a wonderful opportunity to learn new skills, meet new friends, built confidence and have great fun!
- **Boys and Girls Football Games:** During October, both teams took part in various North Tyneside and Family cluster tournaments. The boys' team qualified to the next round which will take place during the spring months. Well done to both teams for representing our school with such sportsmanship and wonderful ethos!
- **Year 6 High Borrans Residential Visit:** From Monday 15th to Friday 19th October. Nearly all of the Y6 pupils attended. We all had an amazing and very active week. The children were involved in Canoeing, Rock Scrambling, Climbing, Ghyll Scrambling, Orienteering and Caving!! Mr Keilty, Miss O'Connor, Mrs Iliadou and Paul Young accompanied the children.
- **Year 5 Sports Hall Athletics:** Whole class represented our school, on Wednesday 17th October at Burnside College.

Girls ranking results:

- * **Speed Bounce:** Danielle 2nd place
Scarlett 3rd place
- * **Higher Stepper:** Ellie 3rd place
- * **6 Lap Relay:** 2nd place
- * **4X1 Lap Relay:** 2nd place
- * **4X2 Lap Relay:** 3rd place

Boys ranking results:

- ***Vertical Jump:** James 2nd place
Oliver 3rd place
- * **Balance Test:** Dan 2nd place
- * **High Stepper:** Lewis 3rd place
- * **Javelin:** Jack 3rd place
- ***4X1 Lap Relay:** 3rd place
- ***4X2 Lap Relay:** 3rd place

Across North Tyneside, 901 children from 34 schools attended the competition. Overall, our school came in 3rd place. What fantastic achievement, well done to all in Y5!!

- **Futsal Sessions:** Hannah and Graeme, coaches from Tyne Met, delivered taster sessions in Y1 , 2, 3 and 4 on week commencing Monday 22nd October.
- **Hoops4Health Programme:** The Newcastle Eagles Basketball Club in partnership with Eagles Community Foundation is offering an opportunity to schools across the North East to be part of the Hoops4Health programme. The programme is delivering healthy living messages to Years 5 & 6 and includes:
 - * A Roadshow in school with Newcastle Eagles players, focusing on curriculum based healthy living themes e.g. healthy diet, effects of smoking
 - * 4 hours of coaching from a qualified Level 2 professional coach
 - * Participation in the Hoops4Health tournament
 - * Opportunities to continue playing Basketball in local Eagles Community Foundation clubs

Our school has been part of the project since September 2013, and pupils from Year 5 and 6 had their Roadshow on Wednesday 24th October. The children took part in 3 different sessions (Dangers of Smoking & Drinking, Healthy Eating and an introduction to the basic Basketball skills). It was a very interesting afternoon full of activities.

November 2018

- **Young Sports Leaders Scheme:** After October half term, our 32 leaders, from Year 5 & 6, started their practical sessions during break and lunchtimes delivering various activities to pupils from Reception to Year 3. They are doing a great job keeping our little ones busy and active during the cold winter breaks.
- **Fencing Club:** 19 pupils across KS2 took part in the club which started on Monday 12th November for 5 weeks. Coaches from Access Coaching delivered the sessions.
- **Tag Rugby Club:** 15 pupils across KS2 took part. The club started on Thursday 8th November for 5 weeks and coaches from Wallsend Rugby Club delivered the sessions.

- **Gymnastics Club:** 26 pupils from Y2 & 3 are involved. The club started on Friday 9th November for 5 weeks and Mrs Iliadou delivered the sessions.
- **Year 4 Tag Rugby Family Festival:** 13 pupils represented our school on Wednesday 11th October. We finished in 2nd place out of 7 schools.
- **Badminton Sessions:** After half term, in collaboration with Tyne Met College and Badminton England, we offered our Y4 pupils 5 Badminton sessions. The sessions contributed to staff CPD and followed the Racket Pack course outline which is suitable for developing additional skills outside of Badminton such as multi skills for the pupils. This will lead into a small primary festival at Tyne Met College, in January.
- **Handball Sessions:** After half term, in collaboration with Tyne Met College and Handball England, we offered our Y5 pupils 5 Handball sessions. During the course, the pupils were introduced to the rules of the invasion game, technical skills e.g. variety of passing in a game situation as well as basic attacking and defending skills. The sessions contributed to staff CPD and will lead to into a small primary festival at Tyne Met College, in December.
- **North Tyneside PE Primary Network:** On Wednesday 14th November, Mrs Iliadou attended the network at The Langdale Centre.
- **Year 6 High Five Family Festival:** 13 pupils represented our school on Wednesday 21st November. We finished in 2nd place out of 7 schools.
- **Heartbeat Ballroom Project:** On Saturday 24th November, nearly all of our Y5 pupils took part in a special filming day at Wallsend Memorial Hall where they were filming a choreographed routine, dance and movement piece. The children had learnt the dance during 4 'in school' sessions. The film will be used in a special screening to commemorate the MEM later on in December. We were extremely proud of Y5. They danced beautifully!
- **Handball Officiating Training:** As part of CPD, on Monday 26th November, Mrs Iliadou attended the course at Queen Alexandra College. The course focused on understanding the basic technical and tactical skills to apply in school matches as well as officiating the game.

December 2018

- **Year 5 Handball Tournament:** Following the training they had in school, the whole class represented our school, on Thursday 6th December at Tyne Met College. The children thoroughly enjoyed the morning and gave 100% effort to all the matches. Out of 6 schools and 24 teams taking part to the event, our A' Boys team finished in 2nd place. Congratulations to all the pupils for their positive attitude and performance during the competition.

**By Mrs Iliadou
Teacher - PE Lead**