St Anne's Catholic Primary School

Living and working as Jesus taught us

Sport and Healthy Living at St Anne's Catholic Primary School

2019 -2020

During the above academic year St Anne's Catholic Primary - pupils have kept health and fitness at the forefront of their mind. We consistently promote a positive mindset and wellbeing through sport, as well as offering competitive opportunities facilitated by KSSP (Knowsley School Sports Partnership). In conjunction with this, we aim to encourage and INSPIRE our pupils to keep their body healthy through a good diet and regular exercise.

We have also offered a plethora of sporting opportunities within school. Professional coaches have been invited into our school to support both staff and pupils in understanding novel sports such as Gaelic football and Quidditch. Additionally, teachers offer after school sports clubs in order to widen the range of sports which they experience. We even encourage our staff, parents and children to attend parkruns in the local area: Croxteth Hall, Knowsley and the Mystery. We aim to be there for our school community on certain weekends.

We truly believe that an active lifestyle helps everyone. #sacpskPE #sacpskKeepActive #sacpskTTTYourWay

A chronology of our year through Physical Education

September and October 2019

7/10/2019 – Our Year 1 children were extremely successful in their football tournament at Liverpool's training facility. They managed to get to the final which is an amazing achievement. From using their skills fostered in school, they were able to engage in competitive action against others. This improves their health, fitness and stamina. As well as this they were able to work as a team.

8/10/19 – During our Rugby World Cup theme week we invited Paul Weare from Waterloo Rugby Club in to school who ran taster sessions right across our school (nursery to Year 6) with our pupils and they really enjoyed it. We linked this to the Rugby World Cup (a cross curricular theme week). This link also enabled children to make links with another sport and club. This also enabled our school community to visit Waterloo Rugby Club to watch Waterloo in action the following Saturday.

18/10/2019 – Mr Kane from Lancashire GAA (Gaelic Athletics Association) introduced Gaelic football to our children for two terms (Autumn and Spring) our children found the new sport fun and engaging. We hope to return to this sport soon. The aim was to provide children with a new sporting opportunity, which would engage children into another competitive sport. They are also provided with a link to feed into a local GAA club in Liverpool. The aim of these sessions was for our children to learn new skills over a number of weeks and then put these all into practice in a competitive tournament at Old Bedians Rugby Club in Manchester (this was postponed due to Covid-19). We were also aiming to set up an interschool GAA tournament in school (postponed due to COVID-19).

St Anne's Catholic Primary School

21/10/2019 - At St Anne's Catholic Primary School we like to incorporate physical activity into all of our lessons when and where possible. Bubblebees enjoyed working on their maths in an active way.

7/11/2020 – Dragonflies enjoyed running the mile today. We have been trying to keep up our fitness levels. We enjoy the daily mile every day at our school.

22/10/2020 – Our children took part in Junior parkrun at Wavertree Mystery Park. They all really enjoyed the event. This was to promote the importance of exercise with friends and family and to give our children another opportunity to pursue a sport for enjoyment. Children ran and walked with staff and their families

November 2019

12/11/2020 – Our indoor athletics team performed brilliantly at a secondary school in Knowsley. They transferred skills built up in school into competitive action. We managed to secure a top two finish at our Knowsley Heat.

8/11/2019 – The cross country team travelled to All Saints High School for a competition against many other schools across the borough. One of our pupils actually achieved second place. Our children were able to practice every week during their weekly running club.

19/11/2019 – Y5 continued their Gaelic football lessons with Mr Kane. We are really enjoying developing the skills required within the sport. New skills were introduced each week with the aim to combine them together to compete in a tournament in Manchester.

27/11/2019 – Y2 took part in a football competition at Finch Farm training ground. They sadly missed out on a place in the finals due to goal difference. Again they really enjoyed the experience of taking part in competitive sport and transferring skills learnt at school into competitive action.

December

19.12.2019 – Every year group took part on our Santa Saunter in the afternoon. Despite it being a cold day everybody had great fun and came away with a treat. This again was adding in a fun element to our daily exercise and promoting the importance of being active.

St Anne's Catholic Primary School

January

14.01.2020 – At St Anne's Catholic Primary school we promote a variety of different sports across the school. Year 5 really enjoyed bench ball.

Games lessons help us to develop skills such as: team work, agility, balance, communication and handling. Putting all our skills together helps children adapt to different games and again promote different sports.

23.01.2020 – We feel very fortunate to have such a talented yoga coach at our school. Mrs Mitchell teaches lessons to support mindfulness as well as core strength. This gives our children time to reflect on their body and develop agility and balance.

27.01.2020 – Mr Pendleton (Cricket England) came into school to teach cricket to Y4/3. He has come into school to teach various year groups cricket skills. Year 4/3 really enjoyed this session and their ability to strike a ball has much improved. Again, we provided our children with the expertise of a coach to promote another sport and to give our children the opportunity to take part in a different sport.

28.01.21 – Other children in Upper Key Stage 2 (Year 5) had their first Gaelic football lesson today. It was great to see how skills translate across different sports. The children were brilliant at kicking the ball and quickly picked up the new rules of the sport. Thank you to Mr Kane who delivered the session.

31.01.21 Today we had our first PE and Writing Workshop led by Mr Corless and Mrs Reale-Smith. It was fantastic that so many parents could join this event too. The day was very enjoyable and the children learnt a lot. The aim was to show our parents how we teach writing in school which was a whole school target and at the same time promoting physical activity to our children and parents.

February

St Anne's Catholic Primary School

14.02.20 – Today the Liverpool Running Bugs ran a session in the afternoon with Y5. The class really enjoyed the session and feel much fitter now. This was another chance to stress the importance of Physical activity and how this can be a social event too.

25.02.20 – Year 5 learned the Hakka as part of their dance unit in PE. They had great fun. It was wonderful to see the class get into character for the dance too. Dance is such an important part of the PE curriculum.

March

2.03.20 – EnRich came into school today to run a greatly anticipated Quidditch day. Every class enjoyed their session and the school enjoyed the competitiveness of the day too. Well done to Ravenclaw who were our winners this year.

3.03.20 – Year 6/5 have been inspiring others by taking part in Mr Coreless' Soccer sessions at lunch. They really did set a brilliant example for all by getting involved and leading by example.

20.03.20 – Year 6 and Year 6/5 took part in a treasure hunt today to keep fit and active. What a fun way to link mathematics and physical activity!

St Anne's Catholic Primary School

Virtual PE

During the lockdown period it was essential that we prioritised the wellbeing of our pupils. We understood the role that physical education would play in ensuring their happiness and fitness. Alongside physical fitness, physical education was vital in making sure our pupils stayed mentally healthy too.

We began by promoting Joe Wicks' live Youtube sessions and soon began to improve and develop what we were offering for our children. We organised whole school events such as our virtual Sports Day and 'To Nice and Back', as well as running our own challenges for the children to engage with on a weekly basis. We also signed up to Get Set Tokyo and we have continued to use this program across the school to register the miles we are covering at home and in school.

In recognition for our efforts we were one of the first schools in the borough to achieve the first ever Virtual School Games award. We were disappointed to hear that the normal School Games Awards would not be going ahead due to Covid-19, but the virtual award did provide some solace.

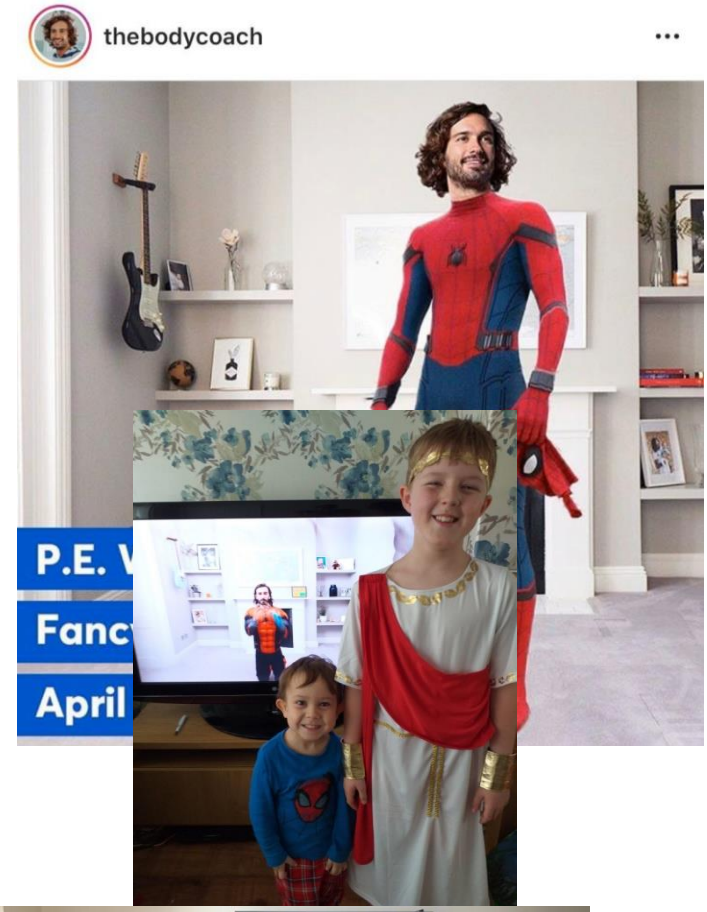
We are extremely proud of the efforts of all of our children over lockdown and we know that this document will continue to inspire sport across our school for many years to come.

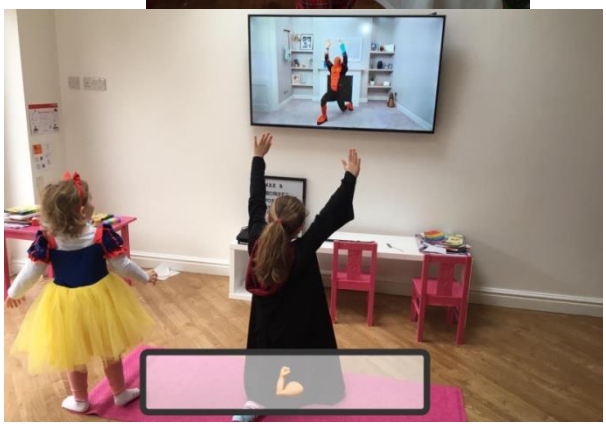
23.03.20 – So many of our children have taken part with Joe Wicks' live fitness session this morning. What a fabulous effort from all! Keep up the exercise and remember to stay active. #sacpskStayActive #sacpskPE

St Anne's Catholic Primary School

April

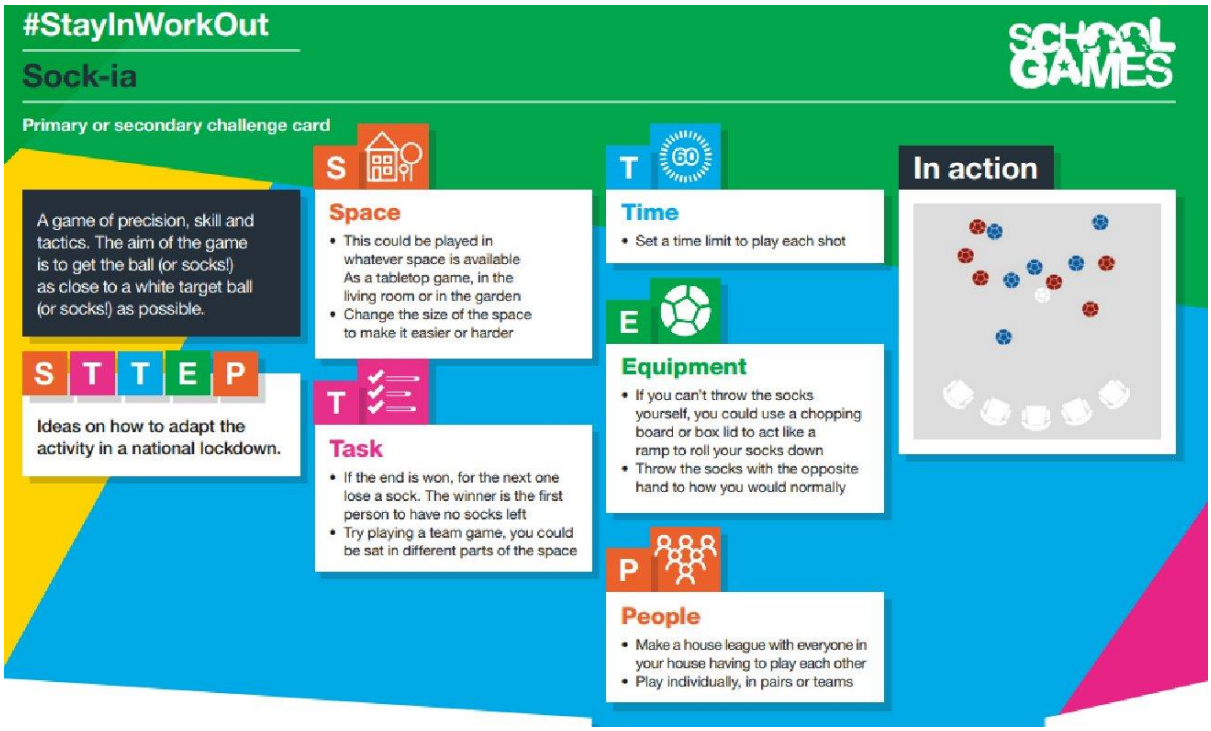
2.04.20 – St Anne's Catholic Primary School were really excited to get involved with Joe Wicks this morning as it was the first ever fancy dress event. Thank you Joe! @thebodycoach





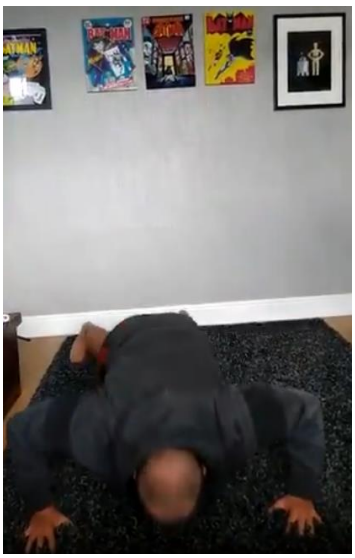
22.04.20 – The school have taken Mr Waine up on his Keep-up challenge. We have had some wonderful submission and many children have beaten his score.

27.04.20 – Well done to everyone who joined in with #StayInWorkOut. We had great fun taking part with this Sock-ia activity. We need to think of more ways of using household items as sporting equipment.



May

11.05.20 – Mr Waine challenged us all again. This time he asked how many burpees we could complete in one minute. We had some brilliant attempts and many children beat his score. Well done to everyone who got involved and remember, keep active! #sacpskKeepActive



18.05.20 – Yet another brilliant challenge from Mr Waine. This time he would like to see how many press ups you can do in 30 seconds. Can you beat his score?

Half term project -

St Anne's Catholic Primary School

'To Nice and Back'

St Anne's Catholic Primary School are inviting you to help us run/walk a combined 1634 miles over the half term break.

We are hoping to enjoy a virtual holiday over the holidays to the French Riviera to Nice, France. With the planes grounded, the only way we are getting there is by running/walking.

Our School Goal –

We are aiming, as a school, to cover the distance shown in the map to the right by running and walking. The distance from Liverpool to Nice is 817 miles. To get there and back we are setting 1634 miles as our target.

In order to achieve this target we are hoping for pupils, parents/guardians, teachers and governors to get involved.

How we will achieve it –

We will need everyone to contribute if we are going to meet this monumental goal.

Miles per class – 100

Teacher miles – 100

Governor miles – 100

Parent miles – 234

If we can all achieve these distances, we will reach the 1634 mile goal.

Tracking our progress – You must be able to prove the distance that you have travelled. This can be done in numerous ways such as: with the use of a tracking device or plotting your journey afterwards on 'Google Distance'. Once you have done this, send proof to your class teacher via Seesaw. Try to travel whole miles as this will make calculating a final distance much more simple. There will be lots of rewards at the end: who can accumulate the most miles in the school? Who can accumulate the most miles in each class? But we are a TEAM so we are looking at the combined total. We want to celebrate everyone's achievements. This project is linked to our 'Laudato Si' one so let's be creative thinking about what can we do on our journey. Where can we stop? #sacpskinspire100 #sacpskcenturions

June

8.06.20 – This week's challenge was to hold the squat position for a whole minute. Many of our children had a go and achieved this difficult target.

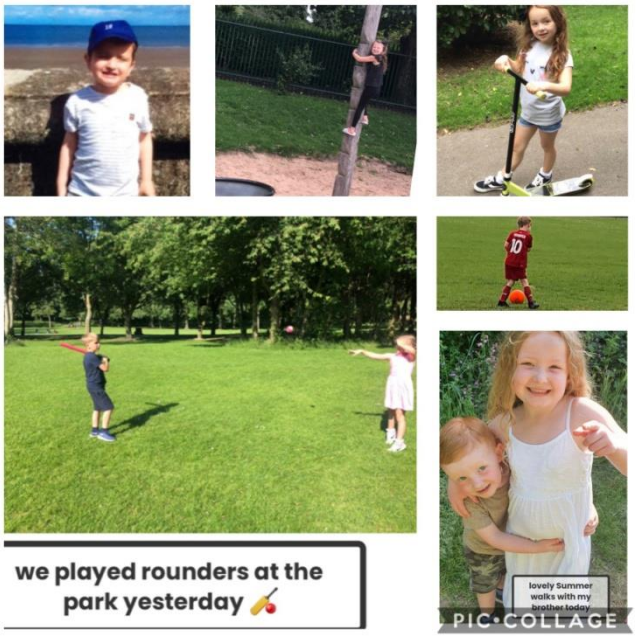
15.06.20 – Length of Lunges Challenge! Many of our wonderful children took up this challenge and travelled the length of the street, garden or bedroom to #KeepActive. Congratulations to everyone who took part. #sacpskPE

19.06.20 – Today we have signed up to Get Set Tokyo. On the website we are able to track the amount of exercise we do during the day. Make sure to log in using the school post code. You can earn points for your class team.

St Anne's Catholic Primary School

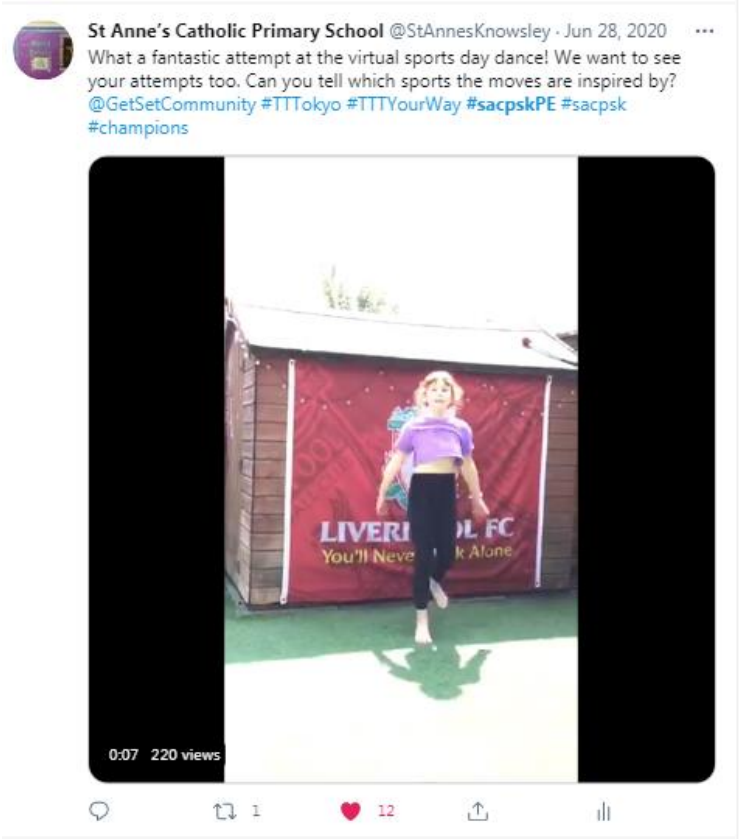
19.06.20 – Today St Anne's Catholic Primary School was awarded the Virtual School Games Award by Knowsley KSSP. We are really proud of this achievement because it shows how hard we have worked over the last few weeks to keep fit and active. Our mental health is so important. @YouthSportTrust

25.06.20 – Many children in KS1 have enjoyed contributing to points for their class country. They have been playing football, walking, climbing and even scooting! We hope you are inspired to gain points for your country too. #TTTYourWay

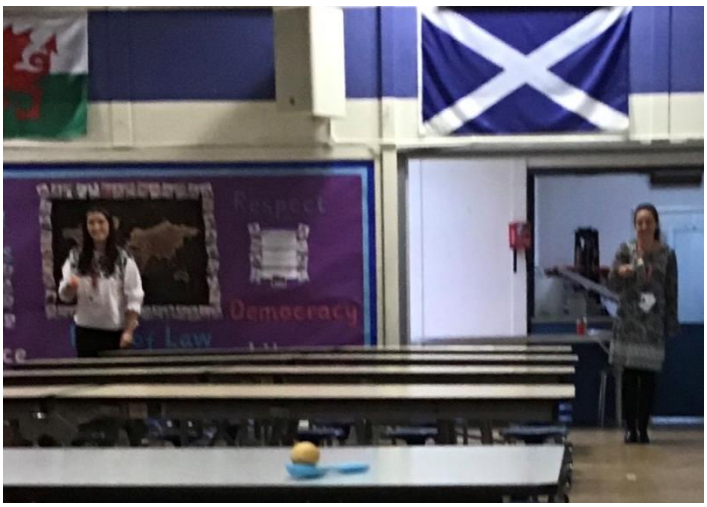


'Living and working as Jesus taught us'

28.06.20 – Last week we started a virtual Sports Day dance. One of the wonderful pupils in year 4 has decided to have a go a recreating it. Can you copy the Sports Day dance?



29.06.20 – Today was our Egg and Spoon race Sports Day event. This wonderful family had a great time joining in. Even teachers have had a go! Make sure to log your activity on the Get Set website if you joined in. #sacpskSportsDay #TTTYourWay



30.06.20 – Today was the 50m sprint element of our virtual Sports Day event. It is great to see

siblings pushing each other along. I wonder who won this race... Keep up the physical activity to keep our bodies and brains healthy.

July

02.07.20 -

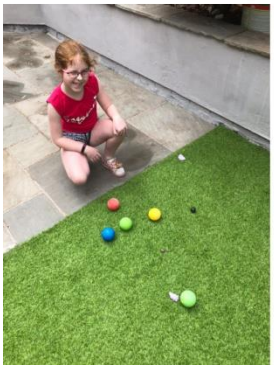
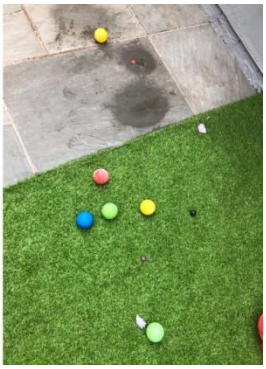
03.07.20 – Virtual Sports Day

St Anne's Catholic Primary School

All children across the school contributed brilliantly to a fantastic Virtual Sports Day. We had several events running and some huge records were broken. Well done to everyone who got involved.

St Anne's Catholic Primary School

Virtual Sports Day (3.7.20)

Next week the following timetable will begin. It would be great if staff could choose perhaps one or two of the activities to have a go at in the following table. By doing these activities ourselves, I am hoping that it will build excitement and inevitably more children will get involved on the day itself.

Day	Activity
Monday	Egg and Spoon Race
Tuesday	50m Sprint
Wednesday	Paper Aeroplane/Bean Bag Throw
Thursday	Long Distance Walk/Run
Friday (Virtual Sports Day)	All of the above + more (Activity on Seesaw)