



# Sports Newsletter

If you have any sports news, please let Miss Steeples know.



@granthamstmarys

Friday 2nd December 2022

Are you taking part in this event over the weekend? If so, please send your photos into school, we look forward to seeing you dressed as Santa and would love to include them in the next Sports Newsletter.

**Rotary**  
Grantham Kesteven

**Grantham**  
**Santa**  
**Fun Run**

WALK OR RUN  
**2.5K**

WALK OR RUN  
**5K**

**CALLING  
ALL RUNNERS**  
(and walkers)

**Taking place at Wyndham Park**

**11am on Sunday 4th December 2022**

**RAISE FUNDS FOR YOUR OWN CHARITY**

Register online at  
**[www.granthamsantafunrun.co.uk](http://www.granthamsantafunrun.co.uk)**

THE ROTARY CLUB OF GRANTHAM KESTVEN TRUST FUND - CHARITY COMMISSION REGISTERED NUMBER 1112945

SPONSORED BY **EQUILIBRIUM**  
GYM • FITNESS

TWENTY9K  
GRAPHIC & MEDIA

SUPPORTED BY **SOUTH KESTVEN DISTRICT COUNCIL**





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## Lunchtime Clubs



During one of their lunchtimes, some Year 1 and Year 5 children take part in a Change 4 Life club, which encourages them to experience new sports, play games and enjoy sporting opportunities with many of their friends too.

**mesports**  
— IN THE COMMUNITY —  
North Kesteven Satellite Centre







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## Lunchtime Clubs



Year 4 have enjoyed a Football club during one of their lunchtimes, which involves lots of the class and is a great way to develop their skills. They showed great teamwork as well!

mesports

— IN THE COMMUNITY —  
North Kesteven Satellite Centre





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## One Mile Challenge

### One Mile Challenge Gold Award



THIS CERTIFICATE IS AWARDED TO  
**ST. MARY'S CATHOLIC VOLUNTARY ACADEMY**

FOR PARTICIPATING IN THE ONE MILE CHALLENGE AND FOR  
ACHIEVING 75% OF THE SCHOOLS PUPILS ACTIVELY  
PARTICIPATING

November 2022

DATE

Terry Plumb

SCHOOL GAMES  
ORGANISER

Following our involvement in the virtual One Mile Challenge, earlier in the term, we have received a Gold certificate from the South West Lincolnshire School Sports Partnership, to recognise our huge participation levels within this competition. Congratulations!







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## Swimming Success

It was amazing to receive some photographs of one of Year 2 pupils, who joins the ranks of our super swimmers at St. Mary's. Charlotte has not only managed to be awarded one swimming certificate, but came away with two recently. She swims at the Grantham Meres Leisure Centre and has successfully achieved her Swim School Stage 3 and her Water Safety Level 1. This is amazing news Charlotte - keep up the good work!



If you have any sports news that you would like to share with our school community, please send it into us because we'd love to celebrate these successes with you and it will be included in future newsletters.



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## Dancing Delight

It was, once again, fantastic to receive more news that Rebecca, who is in Year 3, has enjoyed further success with her dancing. She visited Bushfield's Leisure Centre in Peterborough recently with her dance crew and took part in a competition run by BDO Street Dance. She came 5th with her crew and also managed a 1st place finish in both solos and duos. Well done!



## Kickboxing News



It was wonderful to hear of some other sporting news, this week, from a Year 5 pupil. Olivia has recently competed in a kickboxing competition on Saturday 26th November 2022, in which her and her partner achieved a 4th place finish, which is superb! They had to learn a routine in half an hour and perform it before the judges and 100 supporters. She said that she enjoyed the experience as it was fun and exciting. Olivia also reports that she liked taking part in it with her partner and both were pleased with the result.

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## Inspire+ TAP Activities



Throughout November, Nuala took part in the Inspire + Talented Athlete Programme, where she took part in weekly Teams' meetings. These included information on health and fitness, challenges and quizzes.

On one of the weeks, she got to cook spaghetti bolognese, which she loved and it was very, very tasty! Recently, Nuala went to Priory Ruskin Academy to take part in the last part of the programme, which involved team building and circuit training. Nuala said that she has loved all aspects of it and felt very lucky to be part of it all. Great work!



inspire+

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## Cheerleading Festival



The whole of Year 3 class were very lucky to have the opportunity to visit Priory Ruskin Academy for a Cheerleading festival, last week. They had a brilliant time and practised different chants as well as learning some stunts and a routine. Thank you to the adults who accompanied the children to this event and to the parents for assisting with transport. Your support in ensuring the children can attend events such as this one is very much appreciated as it provides wonderful experiences for them.





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## PGL Half Day

Twelve Year 6 children attended a PGL half day courtesy of Inspire+ and had a fantastic time! They took part in the giant swing and a number of problem solving tasks. It was a great afternoon of outdoor adventurous activity and they all seemed to enjoy this opportunity. Thank you to the parents who assisted with transport - it is appreciated.







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## Intra School Competition KS1 House Multi Skills

Recently, Key Stage 1 took part in a House Multi Skills competition and had great fun! They had a number of challenges to complete, earning points for each one which encouraged them to use different skills. It was lovely to see our youngest children cheering each other on - great work all!



EYFS







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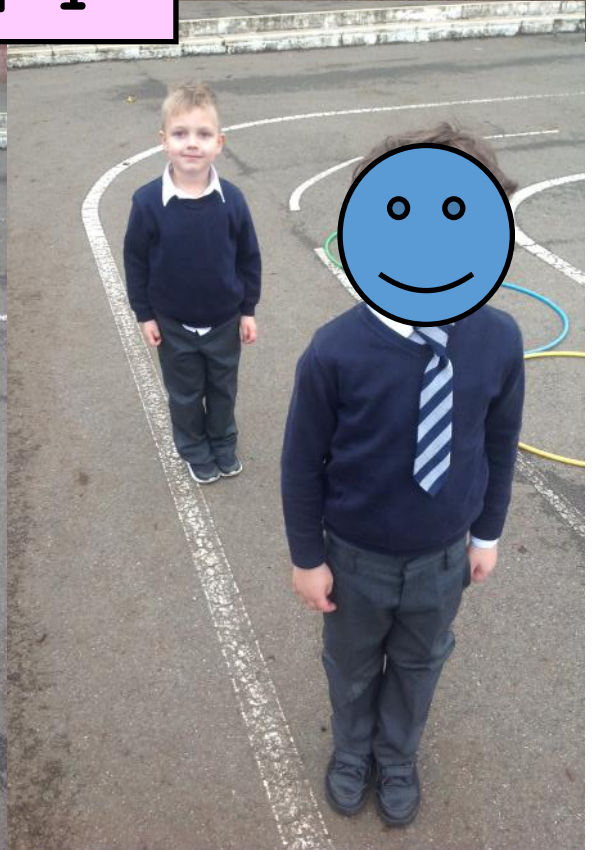
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Friday 2nd December 2022

## Intra School Competition KS1 House Multi Skills



Year 1







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Friday 2nd December 2022

## Intra School Competition KS1 House Multi Skills

Year 2 completed each of the challenges superbly showing an excellent determination to try and get all of the available points that they could. There were some very close results - amazing effort from everyone!



Year 2







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## Gymnastics After School Club



Following on from the gymnastics PE lessons, we have also been able to offer an after school gymnastics club for children in EYFS, Year 1, 2 and 3 this term. This has proved to be a very popular club and everyone who attends seems to thoroughly enjoy themselves.

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If you are interested in taking up gymnastics or attending sessions out of school, please visit the website for Grantham Gymnastics Club and contact them via the online form:  
[www.granthamgymnastics.co.uk](http://www.granthamgymnastics.co.uk)

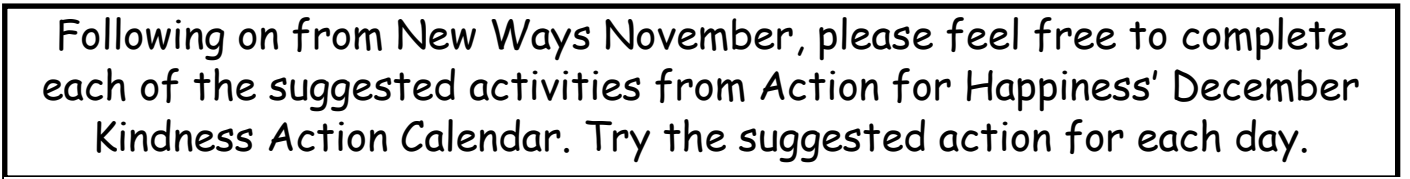






Friday 2nd December 2022

# December Kindness



**Happier · Kinder · Together**







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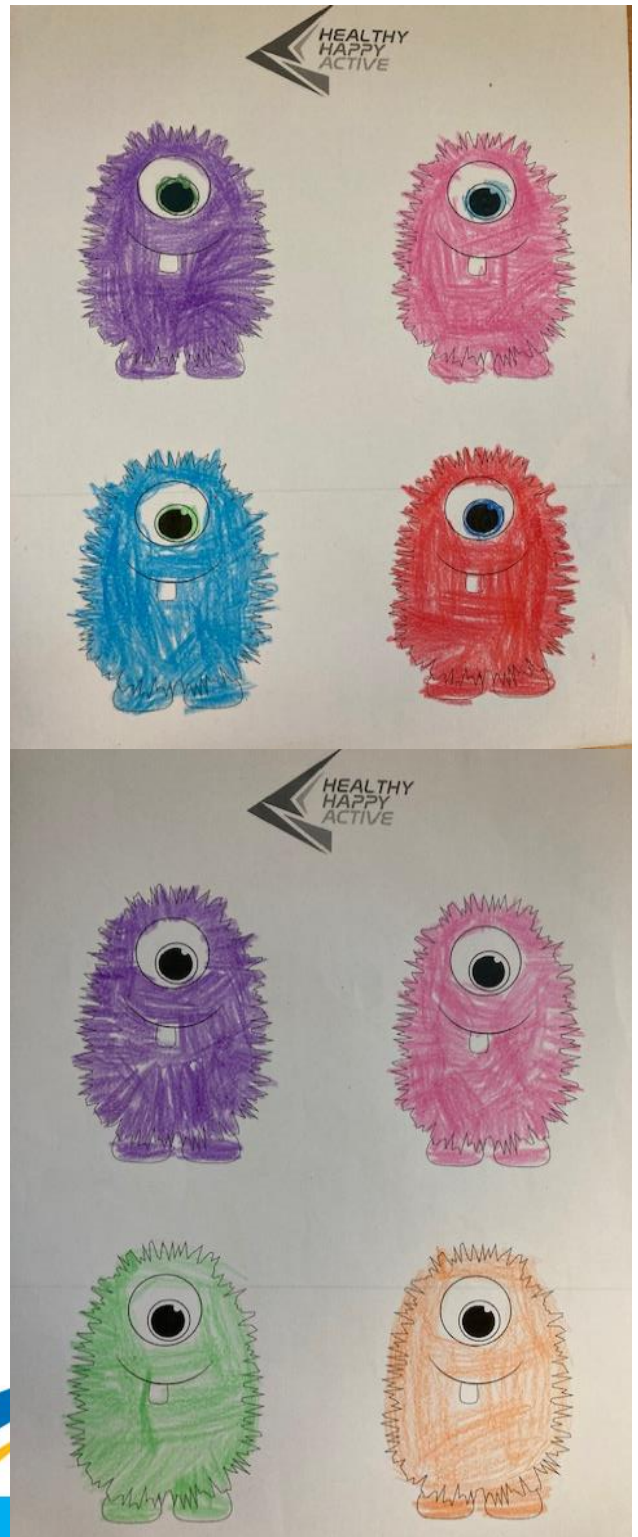
Friday 2nd December 2022



# #HealthyHappyActive

Year 2 have successfully completed one of the challenges under the Mental Well Being category (this term's impact focus area) and have, so far, earned themselves their Bronze award.

This challenge was called Colour Monster and they thought about how different colours can be associated with different feelings and emotions.



inspire+



## Congratulations

### Mental Well-Being

On completing 1 challenge that has helped you understand how to look after your mental well-being.

Name: Year 2

Date: December 2022

Signed:

Sam Ruddock, GB Paralympic Athlete and inspire+ #HealthyHappyActive ambassador





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## Playground Leaders Games of the Week

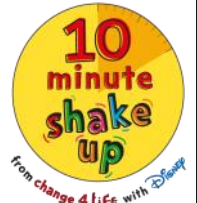
Our Year 6 Playground Leaders have, this time, provided suggestions of outdoor games that could be played to keep everyone more active:

- **Four Square**—This ball game is played on a square court further divided into four smaller squares, numbered one, two, three and four. One player stands in each of the squares, with the highest ranked player in number one, lowest in number four. You bounce the ball among the players, bouncing once in the other person's square before that person catches it. Anyone who breaks the rules will have to move down in the ranking, or be eliminated with another player rotating in to square four.

## change 4 life Activities

Change 4 Life and Disney have teamed up to bring you play-along games inspired by your favourite Disney and Pixar characters. These 10-minute bursts of fun will really get your kids moving and count towards the 60 active minutes they need every day!

Visit [www.nhs.uk/10-minute-shake-up/shake-ups](http://www.nhs.uk/10-minute-shake-up/shake-ups) for more info.



### Belle and Beast's Snowball Fight

In the snowy grounds of the Beast's huge castle, Belle and the Beast have a playful snowball fight. Who's the best at throwing in your game?

Players: 4 or more



### Be Lumiere's Guest

When Lumiere shows Belle all the culinary delights of the castle, he puts on a fantastic show. Now it's your turn to prepare for another great party!

Players: 1 or more



### Chip's Tea Set Tidy-up

Chip is always out of the cupboard and exploring the castle. Help put him back in the cupboard, ready for bed.

Players: 1 or more