



Sports Newsletter

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



@granthamstmarys

Friday 17th March 2023

Big Walk and Wheel



Excitingly, we are taking part in the Sustrans Big Walk and Wheel event again this year. Historically, this was a Big Pedal, but now includes walking too and will take place between 20th March & 31st March 2023.

As a school, we will track how many children in each class have travelled to school on foot or come to school on their bikes and scooters.

Please try to walk, cycle or scoot to and from school during the next two weeks. If you are unable to do this from home, by parking near to the school and then walking, cycling or scooting in, this will still be counted.

On one of the days in each week, we will also host a Bikers' Brunch for those who have travelled to school by walking, biking or scooting.



Discover how you can
change your world by
changing your journey

- ✓ Be active and feel more energised
- ✓ Help the environment by replacing a car journey
- ✓ Help your school win some fantastic prizes

Are you taking part
in the UK's biggest walking, wheeling,
scooting and cycling to school competition?

www.BigWalkAndWheel.org.uk

Headline sponsor:



Sustrans is a registered charity no. 226142 (England and Wales) GCS28263 (Scotland). © Sustrans 2023





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The Big Lent Walk



As a school community, we are taking part in The Big Lent Walk, trying to raise money for CAFOD along the way. We are going to walk 200KM as a school, with each child contributing to the overall distance covered.

This will take place on Wednesday 22nd March 2023 during the school day and should be a fantastic experience for everyone involved. If you would like to donate to the cause, please visit our Fundraising page on <https://cafod.enthuse.com/pf/granthamstmarys>



Catholic Agency for
Overseas Development



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Virtual Skipping Challenge



DanTM
The Skipping Man

Our virtual skipping challenge was completed in conjunction with South West Lincolnshire School Sports Partnership and Dan The Skipping Man. For more information on skipping or to find different challenges to take part in, please visit his website: www.dantheskippingman.com





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Girls from Years 2, 3, 4 and 5 took part in a FA Girls Football event today, in school. Thank you to Kane from Inspire+ for delivering the session. Everyone seemed to really enjoy it!

inspire+



Football Activity Morning



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Football Activity Morning

inspire +

All the girls, who took part, practised their dribbling, passing and shooting skills as well as developing control in a variety of fun games.



BARCLAYS
GIRLS' FOOTBALL
SCHOOL
PARTNERSHIPS
BY ENGLAND FOOTBALL





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Swimming Gala

Twenty one members of Key Stage 2 were fantastic representatives of our school at the Large Schools Swimming Gala two weeks ago. It took place at the



Meres Leisure Centre and the theme was all about competing and developing with the intent focus on developing physical skills.



Our swimmers performed amazingly and finished 2nd in the Relays and 2nd overall. They were A huge well done to them all! Thank you to Mrs O'Leary for accompanying the children to this event and to all of our supporters who cheered the children on.





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Swimming Success

It was great to hear that one of our Year 2 pupils has been achieving success with her swimming, once again.

Mina has been awarded her Learn to Swim Stage 2 Certificate and Badge after making some great progress in her swimming lessons.

What a fantastic effort - very well done Mina!

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.



Be Part of Grantham Swimming Club...

- Did you know that Grantham is home to one of the most successful competitive swimming clubs in Lincolnshire and in the East Midlands? Our swimmers regularly win medals at County, Regional and National competitions. One of our former swimmers recently won medals at the European Championships and the 2022 Commonwealth Games.
- Just as importantly, our swimmers also develop resilience, courage and confidence as well as forming life-long friendships.
- We are looking for the next generation of swimmers to join us to start their competitive swimming journey. Ideally, they should be aged 7-9 (Years 3-5), have basic technique in all 4 strokes (we are not looking for perfection!) and be confident swimming 200 metres. Their ability to listen well and to follow instructions is also important.
- **Our next free trial session** will be taking place on **Monday 3rd April** at the Grantham Meres Leisure Centre. If you would like to book a space or to learn more about the club, please email membership.granthamsc@gmail.com including your child's name, DOB and a brief outline of their swimming experience.
- Hope to see you at the pool soon...

GRANTHAM
★ Swim Club ★





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Dancing News



United Dance Organisation's East Anglia Regional Street Dance Competition was held at Bushfields Leisure Centre in Peterborough. Rebecca, who is in Year 3, was dancing with the rest of the competition dance crew. The name of it is Illuminate and they came 1st in their category.

She also came 3rd in Solos meaning she has qualified for both BDO European and BDO World Championships in both categories later this year.

The photo (on the right) is of Rebecca with both trophies, her crew medal and her dance teacher Lauren of LDC.

Congratulations Rebecca!



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Gymnastics After School Club



Years 4, 5 and 6 have had the opportunity to take part in an after school gymnastics club, with Mr Watson from Inspire+. It has proved to be very popular and the children enjoy developing their skills each week.

inspire+





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Grantham Gymnastics Centre

Our local out of school club for gymnastics, which is based in Grantham, has a very long waiting list so they suggest that if children are interesting in taking part in gymnastics sessions, there are clubs in Sleaford and Newark that may have spaces.

Newark (776 Gymnastics): newark@776gymnastics.com

Sleaford Gymnastics Club: sleafordgc@yahoo.co.uk



Gymnastics After School Club



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School of Kindness

Choose kindness



Within school, we have awarded our first three Outstanding Kindness certificates to Laura Rose, Rebecca and Elaine - congratulations to them!

inspire +





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#HealthyHappyActive



inspire+



Congratulations

Achieving your Goals

On completing 1 challenge that has inspired you to reach for your dreams and achieve your goals for the future.

Name: Years R, 1, 2, 3, 4, 5 and 6

Date: February 2023

Signed:

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

Excitingly, all year groups have achieved their bronze certificate this term as part of the #HHA activities that we have access to.

As part of the virtual competitions, each class took on a skipping challenge and as a result, have completed the 'Dare to Compete' part of our impact area, which is 'Achieving Your Goals.'

A HUGE well done to all!



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Roots to Food



Yesterday and today, we have been visited by Darren Tinkler from Roots to Food. He has worked with children from across the whole school, in their classes. They have constructed, from scratch, a balanced meal as a group, absolutely loved it and learnt about nutrition too!



Here is a flavour of the culinary delights that took place - it's been a fantastic experience for all involved! There will be further photos in the next Sports Newsletter. We hope you can recreate this dish at home.



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Roots to Food Visit

Please find the list of ingredients and method for the dish.



Indonesian Thai Red Curry with Noodles

Ingredients

- 4 chicken breasts, cut into 1cm dice or diced Quorn
- 1 large carrot, peeled and sliced
- 25g fresh ginger peeled and grated
- 2 cloves garlic crushed and peeled
- 4 spring onion sliced thinly
- 1 small red onion
- 1 small red pepper
- 1 small yellow pepper
- 150ml/5 1/4 fl oz low fat coconut milk
- A pinch of chilli flakes (optional)
- 2 tbsp light soy sauce
- 35g roughly chopped fresh coriander leaves
- 1/2 tsp turmeric
- 150g dried medium noodles soaked in hot water

Method

1. Place the chicken breast pieces, soy sauce, ginger, garlic clove and chilli flakes into a large bowl. Stir, mix, fold and marinade the ingredients together. Leave to stand for 10 minutes.
2. Heat 2 tbsp water in a large deep frying pan or wok over a high heat and wait for the steam. Add the marinated chicken pieces and stir-fry for 4-5 minutes, until golden-brown all over.
3. Add half the coconut milk, turmeric, soy sauce, carrots, red onions and stir for a further one minute on a lower heat, until the chicken is cooked through.
4. Add the spring onion, yellow pepper, red pepper and cook for a further one minute. Add the fresh coriander and stir through the soaked noodles adding the rest of the coconut milk.
5. Serve into the centre of a large plate or bowl. Enjoy



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Playground Leaders Games of the Week

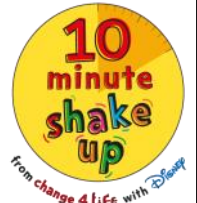
Our Year 4 Playground Leaders continue to provide suggestions of outdoor games that could be played to keep everyone more active:

- Simon Says—This game can be played anywhere, even in a car or other small space. One person is Simon and starts by saying, "Simon says, '[insert action here]'". Everyone must then do the action. However, if Simon makes an action request without saying, "Simon says" to begin the request, anyone who does that action is out. The last person still playing in the end will be Simon for the next round.

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 for more info.



Luigi and Guido Tyre Tumble

In the pit stop, Luigi and Guido must work as a team as fast as they can to get Lightning McQueen back out on the track. Can your pit crew measure up?

Players: 2 or more



Mack's Traffic Tandem

As a transporter, Mack proudly carries Lightning McQueen from Radiator Springs to worldwide races, making sure he drives through the traffic safely and quickly. Can you navigate your way through the lights?



Red's Fire Truck Frenzy

When there's a crash on the track, Red the fire truck is there in a flash to help. Can you battle the flames and stop the fire spreading?

Players: 2 or more

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

Aim for an
average of at least

60

minutes per day
across week

All activities
should make you
breathe faster
& feel warmer



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Activities to
develop
movement
skills, and
muscle and
bone strength
**ACROSS
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

Get strong



INACTIVITY

Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019