



# Sports Newsletter

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



@granthamstmarys Friday 30th September 2022

Following our school's success in achieving the School Games Mark Gold Award for 2021 - 2022, we have now received our plaque and badge, which we have proudly displayed in school.



School Games Mark





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## Lunchtime Clubs



Our Year 3 class have had the opportunity to take part in a Netball lunchtime club, where places have been filled already and is great fun!

Year 4, this term, have embraced a Tag Rugby lunchtime club and are enjoying the challenge that this presents whilst having fun with friends.







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## Football After School Club



The football after school club has proven to be very popular, once again, by children of all ages. They have developed their skills over the weeks and seem to have really taken on this opportunity. It is wonderful to see how much they enjoy this weekly activity.

**mesports**  
— IN THE COMMUNITY —

North Kesteven Satellite Centre

**DH Sports Coaching**







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## Badminton After School Club



Some members of Years 4, 5 and 6, who signed up, have participated in a Badminton after school club with Mr Tyler, who works for Inspire+. They have learnt how to hold the racket, how to play different shots, the importance of a serve to get started and many can already rally too.







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## Cycle to School Week 2022

Between Monday 3rd October and Friday 7th October 2022, it's Cycle to School Week and we'd like you to join us in taking part.

Active travel is so important, perhaps more than ever given the recent events, to help everyone get to school or work safely and healthily. The start of term is a great time to establish positive travel habits early.

Please try to cycle or scoot to and from school during the week mentioned. We will be tracking how many children in each class have cycled or scooted to school. If you are unable to do this from home, by parking near to the school (Turnor Crescent for example) and then cycling or scooting in, this will still be counted.

On one of the days during Cycle to School Week, we will offer a Bikers brunch for anyone who cycles or scooters to school that day.

MAKE  
YOUR  
PLEDGE  
NOW!

**Cycle to School  
Week**

3 - 7 October 2022

Enter the prize  
draw to WIN a  
Frog City 61 Bike!

**FROG  
bikes**

**sustrans**  
JOIN THE MOVEMENT

1 ability  
2 bikeability  
3 e-bikeability





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Cycle to School Week 2022

## Junior Doctor Bike checklist

### Brakes

- ☐ Do your brakes stop your cycle well?
- ☐ Look at the brake blocks, are they worn?
- ☐ Are the brake levers tight and level?

### Wheels & Tyres

- ☐ Check tyres are pumped up and feeling firm.
- ☐ Is the tyre tread on both wheels in good condition or worn?
- ☐ Do the wheels turn easily?

### Steering

- ☐ Handlebars should be straight.
- ☐ Does the front tyre line up in the middle when you look down?

### Saddle and seatpost

- ☐ Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.

### Pedals and chain

- ☐ Spin your pedals, do they move smoothly?
- ☐ Take a look at your chain, it should be silver or grey not rusty brown! Make sure you add a little bike oil to the chain links regularly to help it work well.

### Frame

- ☐ Check over the frame for damage, dents and rust. It's important to keep your cycle clean and dry after use to keep it in tip-top condition!





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## Swimming Success



It was fantastic to receive news that Leo, who is in Year 6, has taken part in Grantham Swim Club's Championships over the last 2 weekends.

He won medals in 100m freestyle and 400m freestyle. He swims with the club 3 times a week and is looking forward to entering more competitions with them this year. Amazing 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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## Golfing Success



Nicholas had earned his place to play in the competition by competing in 6 rounds of 9 hole competitions at Belton Woods which then culminated in 12 players selected to play in the weekend tournament at Burghley Park. At Burghley Park, he played two 9 hole rounds as part of a pair and one singles round which he won 3 holes up with 2 holes to play.

The end result was a draw between Belton Woods and Burghley Park. Congratulations Nicholas from us all!

It was wonderful to receive news about another of our pupils' sporting success. Nicholas, who is in Year 5, played in a Ryder Cup style golf competition last weekend for Belton Woods juniors against Burghley Park juniors. He won all three of his 9 hole rounds to earn points for the Belton Woods team, which is a great achievement!



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## National Fitness Day



Year 2 thoroughly enjoyed taking part in the different National Fitness Day circuit tasks within one of their PE lessons.







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## Bee Netball Development

Some members of Year 4 went to Priory Ruskin to take part in a netball development event. They experienced a carousel of activities that focused on passing, shooting and a variety of other netball skills. Thank you very much to Mrs Deighton for accompanying the children to the event and to the parents for their help with transporting the children.







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## Intra School Competition LKS2 House Netball



Recently, we held an intra school house competition for Lower Key Stage 2 and Upper Key Stage 2 with everyone taking part - it was a shooting netball challenge earning points for how many times they could successfully score a goal. This was a great challenge and enjoyed by all!







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## Woodland of Wonder (W.O.W) Area

The WOW Area operates as an additional classroom, albeit an outdoor one. We are very grateful to Mrs Cropper, who works in this area, always providing our children with many exciting opportunities. Outdoor adventurous activities in action!



Year 3





Our school proudly supports



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and change lives



[www.52-lives.org](http://www.52-lives.org)

52 Lives is a charity registered in England and Wales (1106230)





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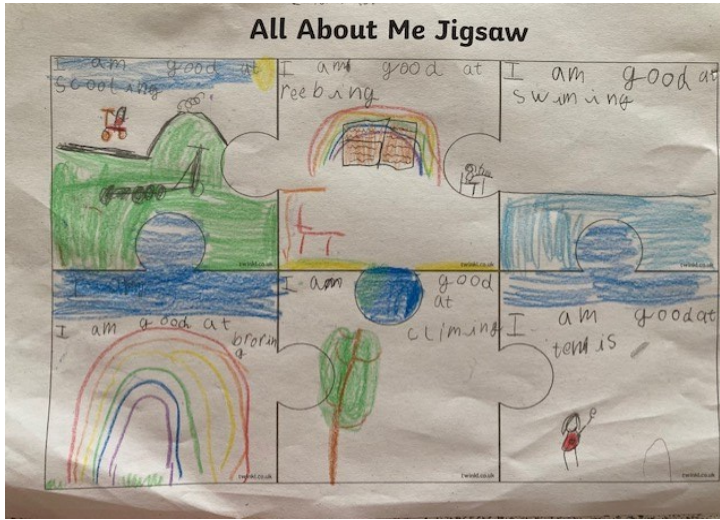


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## #HealthyHappyActive

All About Me Jigsaw



Year 2 have completed the first of their #HealthyHappyActive tasks for this term, earning them, at this stage, the Bronze award. This term's theme is Interests and Talents and they have each thought about what they are good at and presented it as a jigsaw puzzle. What are you good at? How do you shine?

All About Me Jigsaw







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## Playground Leaders Games of the Week

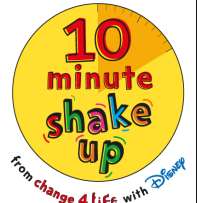
Our Year 6 Playground Leaders have, this time, provided suggestions of outdoor games that could be played to keep everyone more active:

- Hide and Seek—Sometimes you count to twenty, sometimes ten, sometimes one hundred. Sometimes there is a home base that you can run to and tag, becoming 'safe,' sometimes you just wait to be found. The general idea is that one person is 'it,' that person closes his or her eyes and counts to a certain number without looking and then he or she tries to find the others.

## 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.



### Mirabel Guards the Magic Candle

Can you help Mirabel keep Casita's flame alive?

Players: 3 or more



### Antonio's Rapid Animal Race

Are you as fast as Antonio's furry friends?

Player: 1 or more



### Train Tough Like Luisa

Hurry! Only the very best can beat Luisa's challenge.

Player: 1 or more





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## Healthy Eating

change 4 life  
cook together

Please visit <https://cooktogether.change4life.co.uk> if you are interested in signing up to the Change 4 Life Cook Together project.

### Your first step to cooking healthier meals



Sign up to Cook Together and you'll have taken the first step to cooking healthier meals for yourself and your family or friends.

Every week for 4 weeks, we'll send you 2 tasty, healthy recipes with easy to follow instructions, and a shopping list of all the ingredients you'll need to cook a healthy meal. We'll also send you some handy tips about healthier eating and how to be food smart when you're out shopping.

After 4 weeks you'll know how to cook up to 8 different meals from scratch. How great is that!

**Sign me up**

#### What are the benefits?

- ✓ 2 tasty recipes per week
- ✓ Simple recipes, including videos and step-by-step instructions
- ✓ Cooking and shopping tips
- ✓ Easy to find ingredients
- ✓ Designed to give you a healthier balanced diet







Hi,

I am the Lincolnshire Representative for Trampoline. It is a very niche sport but in recent years has had great success in the elite field. I am responsible for inspiring, engaging and promoting trampoline in the community.

We were wondering if you have any aspiring gymnasts that would want to take part in a school's trampoline competition?

You are not required to do anything apart from direct parents/guardians in our direction for this unique specific session. The pupil would represent the school within the school's competition.

We can send the coach to yourself for an after-school session if you have trampolines or we can offer a dedicated session at our permanent facility based in Sleaford to interested pupils, to represent the school.

Please let me know if you would like more information to take part during 2022-2023.

Kind regards,

Stephanie Osborn  
BSc (Hons) in Sport Development and Coaching



📍 Unit 2, Sellwood Court,  
Pride Parkway, Sleaford,  
NG34 8GJ

🌐 [www.bigjumpstc.co.uk](http://www.bigjumpstc.co.uk)  
✉ [steph@bigjumpstc.co.uk](mailto:steph@bigjumpstc.co.uk)

📘 BigJumpsTC  
📷 [bigjumpstrampolineclub](https://www.instagram.com/bigjumpstrampolineclub)



Big Jumps Trampoline Club  
Head Coach: Stephanie Osborn  
BSc (Hons) in Sport Development and Coaching  
Tel: 07983 872495







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[www.granthamlifesaving.co.uk](http://www.granthamlifesaving.co.uk)

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