



A member of The Ribblesdale Federation of Schools – fostering a love of learning through collaboration and fun

Welcome to our **first ever sports letter; Spring 1**. We hope you will find the newsletter informative and interesting. Each half term we will round up the sports action within the school curriculum, for the intra-school competitions and will have an in-depth look at one of the sports clubs in the Area which children can get involved in. There'll also be dates for the diary and reminders!



## Performers of the Month

January 2025

**Sienna** — for her increasing confidence and excellent group work during Gymnastics.



**Elijah** — for continuously working hard to improve his badminton skills.

**Freya** — for great demonstrations in dance lessons

**The Spring Term PE Curriculum:** This half-term, **Owls** class have been learning about Gymnastics, and have learnt some of the more complex skills, covering bridges, headstands, handstands, frog balances and many more! They have worked in small groups to come up with sequences and routines to show others and been able to show off their strength and teamwork to put together challenging balances. They have also been working on their cardiovascular fitness during circuits where they have been using different training methods to improve their health and fitness.



**Starlings** have been working on their introductory Badminton skills, learning to serve using the correct techniques, to take part in cooperative rallies with partners and learning about the ready position to increase the possibility of a longer rally. During Swimming they have been learning the basic strokes and some personal survival skills.

**Robins** have focussed on their basic movement and jumping skills, learning how to safely roll and jump on and off equipment. They have explored the bigger apparatus and had fun

seeing whether they can jump and roll on these more difficult pieces. During Dance, they have taken part in a variety of dance styles from Ballet and Modern to Rock'n'roll and Country.

## Curriculum PE in pictures:



**Sporting competitions:** We jumped straight into the New Year with a **Cross Country competition at Ingleton** against seven other schools. We took 17 children ranging from years 3 to 6. The fog was thick, making it impossible to see from one end of the field to the other, however, despite the muddy, damp conditions every runner gave their all and came away with huge smiles! For some, it was their first running event; we hope they have come away from the event with a love for running! Particular success came from

Henry who finished an impressive 4th overall! Congratulations to all the runners, you proudly represented Long Preston Primary School.

**Craven Area Swimming Gala:** We finished off the half term with the Swimming Gala where a strong team of 13 pupils took to the pool. In a loud and competitive atmosphere the children had fantastic swims, showing their true fighting spirit. We ended the competition with; Henry 1st, Orla 2nd, Isla and Harriet 3rd and 3rd place for the Year 3/4 Boys relay team. Well done to the Y3/4 and Y5/6 Girls relay teams who were 4th in their heats and Beatrice who narrowly missed out in a finals place.



**Area Cross Country Finals:** Well done to Clover who ran in the Area Finals where she represented Long Preston and North Craven.

## Reminders:

Please can we remind you that hair which is long enough to fall in front of the face/ cover the eyes is to be tied up for PE. All jewellery **must** be removed and PE kit is to be brought into school on a Monday and left in school all week. A separate jumper is needed for PE and school cardigans/jumpers should not be worn.

The next Inter-School competition will be the Tag Rugby on 18th March.

### Inter-House Competitions:

**Robins — Throwing Skills:** Robins took part in their Inter-House competition which was a circuit of throwing and hitting stations. They each had a turn at every station and were able to collect points for their house team. The competition was organised and led by the Organising Crew from Owls class, who also collated and presented the results to the children. A big well done to everyone for their participation. The Robins children were fantastic and there were some high scoring results, especially on the dribbling and throwing stations, showing their hard work during PE is working! Thank you also to the Organising Crew who were energetic and enthusiastic throughout.

**1st: Dahl      2nd: Walliams      3rd: Rowling      4th: Donaldson**

**Owls — Inter-House Badminton:** This was a highly competitive Inter-House competition with all every person playing all the other people from the different houses, ten games each in total! The Owls were able to introduce many of the correct rules of the game and umpired themselves in a honest and fair way. Everyone won games and the battle between 2nd, 3rd and 4th place was fierce. The tournament was dominated by Donaldson though who managed to win all but two of their games. They were a big challenge throughout, playing tactical serves and some excellent smash shots! Well done everyone!

**1st: Donaldson      2nd: Rowling      3rd: Walliams      4th: Dahl**

### Robins and Owls Inter-House:



### External Achievements

★ We would love to display any sporting achievements the children have received out of school at their clubs in this section. Whether it is achieving an award or completing a stage, representing your Area or County or winning player of the tournament!

If you have any, please let Mrs Mercer or admin know and we can get you into the next half term's newsletter!

### In depth look at a local club: North Ribblesdale RUFC — Mini & Juniors

**Name of Child:** Harry

**What age you can start at the club:** Age 5 for training only and age 6 (Year 2) for matches and training

**What do you do? (a summary of the training/competitions you are involved in):** We train or play matches against other clubs on Sunday mornings throughout the winter from September to April

Kids start by playing tag rugby which is non-contact and a lot of fun. This is the case for Under 6, 7 and 8 age groups. I am an Under 9 this year and have just started tackling, something I really enjoy! As you go through the age groups the game gets nearer to the adult version of the game as more aspects of the game are introduced.

**How to get involved:** Contact Chris Eccleston at: [northribbmjsecretary@gmail.com](mailto:northribbmjsecretary@gmail.com) or on: 07801416316



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