

# Great Barford Lower School

## PE, School Sport and Physical Activity Round Up

We have had a very busy term at GBLs! Look at all the activities we have taken part in!

### Active Lunchtimes!

Our lunchtimes have continued to be active and fun with Mr Paris and the Playleaders organising and running some inventive, fun and enjoyable games and activities for us. From year 1 to year 4, there is something for everyone!

### Reading and Rugby with Bedford Blues

Eagles and Woodpeckers have taken part in Reading and Rugby, working with Ben Gulliver, the Blues Community Manager and also first team player, Pat Tapley. In addition, another first team player, Josh Buggea is running our rugby After School Club. A great experience to be coached by such fantastic players!



### After School Clubs

In addition to our rugby club, we are also able to offer Playactive, Dance and Gym after school clubs run by Andy and his team at Premier Sport. Playactive is a club where we can experience lots of different sports – we've tried boxing, archery, fencing, curling and golf, to name a few! It's really brilliant fun!

### Staff Training

Even the teachers get in on the act! This term the teachers have worked with Mr Blunt, our School Sports Partnership Manager, to develop their understanding of delivering paralympic sports based lessons. Mrs Litchfield attended the Bedfordshire Primary PE Conference and came back to school with lots of new ideas about active schools. Mrs Buckingham attended a LTA Tennis course to develop understanding of teaching tennis to children. Finally, Mr Roberts, the Cambridgeshire PE Advisor, worked with all the teachers to increase their understanding of a new scheme of work, how to deliver it and how to assess PE.

### Paralympic Sports

Mr Blunt came in to teach us a range of Paralympic sports such as seated volleyball and boccia. We had great fun experiencing these sports and appreciated how difficult they can be for able bodied people too!



## Key Stage 1 and Key Stage 2 Intramural Sports Competition



Despite a change of plan due to the weather, we enjoyed a Speedstacks competition run by Mr Blunt and some of the Alban Year 8 Young Sports Leaders. We worked in teams to complete Speedstacks challenges and relays. We worked hard showing great teamwork and determination.

## Bedford Badminton Club

Many thanks to Bedford Badminton Club for coming in to give the Year 4 children the chance to experience badminton. Bridget and Anne set up a range of activities for us to try out the different skills needed to play badminton. We really enjoyed trying something different – thank you for giving us this experience!



## Marathon Challenge

Lots of us have been taking part in Mrs Litchfield's Marathon Challenge Club on Thursday lunchtimes. In fact, 94 of us have taken part in this at least once, that's 69% of KS1 and 2! KS1 have been working towards a 5Km target and KS2 a 10Km target. These children have achieved their certificates:

**Owls:** *Eliza, Theo, Sammy, Oliwier, Myles, Kai, Joshua, Harrison, Finnie, Charlie*

**Puffins:** *Joseph F, Mia, Rino, Dexter*

**Woodpeckers:** *Verity, Ryan, Matthew, Freya, Ethan, Daniel, Buddhil*

**Ospreys:** *Skye, Selim, Finley, Elliott, Alfie, Aiva*

**Eagles:** *Owen, Phoebe, Millie, Marley, Mabel, Kylan, Jasmine, Chloe, Alex*

**Millie** in Eagles has also achieved her Half Marathon Certificate!

Well done everyone, keep working towards your next target!

## Coming Up

Watch out for lots of different activities coming up for the Summer Term including:

Swimming

Jordan's Close Days

Playleader's training

KS2 Bikeability training

Sports Days on 30<sup>th</sup> June

KS2 Cricket and Quadkids festivals

KS2 Chance to Shine Cricket training

KS1 Multi Sports festival

National School Sports Week, 26<sup>th</sup>-30<sup>th</sup> June