



PE and Sports Newsletter Summer 1 2025



We are in our final stretch of the school year now and we have got lots of sporting events to look forward to over the summer term. We will be outside more doing lots of practise for sports day and athletics events.

Thank you for your continued support.
GO TEAM ST PAUL'S!

Competitions

Congratulations to our children who attended the swimming gala. We even had some children who got through to the finals! A huge congratulations to Rhea for winning her heat and final in the Year 6 breaststroke. You should all be very proud of yourselves!

Our next competitions will be our KS2, Year 5 and Year 6 athletics events. These will be held in June at Cleavley Track. A letter closer to the time will be sent to parents for the children attending.



EDSTART clubs this term:

Monday: Cheerleading

Tuesday: Gymnastics

Wednesday: KS2 football

Thursday: KS1 football

EDSTART



Spring PE topics

This term our classes will be learning:

Nursery: Sports day Activities

Reception: Sports day Activities

Year 1: Sports day Activities & Intro to Striking and Fielding

Year 2: Sports day Activities & Intro to Striking and Fielding

Year 3: Invasion Games & Athletics

Year 4: Invasion Games & Athletics

Year 5: Cricket & Athletics

Year 6: Rounders & Athletics

Why Physical Education?

ENCOURAGES PHYSICAL ACTIVITY FOR LIFE	HELPS PREVENT SICKNESS AND DISEASE
PROVIDES AN OUTLET FOR CREATIVITY AND SELF-EXPRESSION	Builds Self-Confidence
DEVELOPS COOPERATION & TEAMWORK	PROVIDES OPPORTUNITIES FOR PERSONAL GOAL-SETTING
INCREASES PERSONAL FITNESS AND MOTOR SKILL DEVELOPMENT	STRENGTHENS RELATIONSHIPS WITH OTHERS
HELPS REDUCE STRESS & ANXIETY	BOOSTS ACADEMIC LEARNING

Our school PE kit consists of:

- Plain black/grey joggers - no patterns please.
- Black shorts for indoor.
- Red PE t-shirt.
- Trainers.
- Normal school jumper or fleece for outdoor.



Outdoor PE Kit



"I like sports as it is a good way to exercise and enjoy it. I wanted to join sports council as I like encouraging others to be healthy."

Jacob - Year 6

"I love being energetic and going outside to play football and dodgeball."

Billy - Year 4

"There are many reasons why I love sports at St Paul's, here's why..."

- Sports day (so competitive!)
- PE (we do fun sports each term)
- We compete in running and swimming
- On Tuesday's our teachers do an extra sport session with us!"

Rianne - Year 6

"I love sports at St Paul's because I like the PE teachers and I like playing with my friends."

Henry - Year 4

St Paul's Sports Council discuss:

Why I love sports at St Paul's...

"Because it makes you fit and makes you have a better life."

Alfie - Year 3

"I love sports at St Paul's because not only they're fun and entertaining but they are good to keep your body system going! I also enjoy doing it because I have lots of fun and I mainly enjoy football and running. I hope one day that I also will be a professional footballer and Olympian and play big games and people will watch me on a device."

Sam - Year 6

"Because I think sports are very very FUN!"

Harry - Year 3

"I like sports at St Paul's because it's fun and we all lose weight. Also because Ed Start and Mr Toshach explain it fantastically."

Alfie - Year 5