



## PE & Sports

### SPRING 2 SPORTS UPDATE

What another busy half term we've had, full with lots of lovely sporting opportunities for the children! Despite the miserable weather, the children have thoroughly enjoyed their PE lessons outside this half term, taking part in tag rugby sessions with Mr Hoad and dance and gymnastics inside with their class teachers. Hopefully we see an improvement in the weather so that all scheduled events can take place coming into the summer term.

## SUSSEX SCHOOLS NETBALL CHAMPIONS!

We are delighted to announce that our year 6 team have been crowned as Sussex Schools Netball Champions!



After winning the Brighton and Hove Schools finals, our team were put through to represent all B & H Schools at the Sussex School Games Finals. We competed against 8 other schools who had all won their regional tournaments. We convincingly won all 8 of our games, including a score of 8-0 and 9-1 and were

## BRIGHTON AND HOVE SCHOOLS CHAMPIONS

In the lead up to the Sussex Schools Netball Championship, the first set of qualifying rounds saw our team compete against 9 schools: they played 8 games, winning 7 and drawing 1. This meant that they convincingly won their group, enabling them to progress to the B & H Schools finals. We were one of six teams in the final and I am delighted to say that, with an even better performance than the first, the children won 4 games, drew 1 and scored a massive 22 goals, meaning that we ended the tournament as B & H School Champions! This incredible feat has been achieved for the second year in a row now!

## ACE PARTNERSHIP

We kicked off this term with our year 6 children taking part in a netball tournament as part of our ACE partnership and to say we are proud of them would be an understatement! The year 6 team won their tournament having not lost a single game against the other schools.



announced as overall winners of all Sussex schools. Nearly 300 schools competed to get to this point, with around 1,000 children taking part altogether, so this is an absolutely phenomenal achievement and one we are all extremely proud of! Well done to all involved!

## INDOOR ATHLETICS

There were also some excellent performances in the recent Indoor Athletics City competition at B.A.C.A. where the children gave their absolute best. We were up against some very tough competition but that didn't stop our children working as a team and combining their efforts to place 6<sup>th</sup> overall. Well done to all those who took part, especially the year 5s who faced many year 6s from other schools.



## #LETGIRLSPLAY

On the 8<sup>th</sup> March, we played our part in the Let Girls' Play initiative, giving as many girls as possible across the school the opportunity to take part in playing football. The idea behind this initiative is that hopefully, by 2024, girls will have the same football opportunities as boys in schools and clubs. #LetGirlsPlay is a campaign to influence and drive change, showing that football can and should be played by girls and we are, of course, in full support. Despite the rain and the majority of our P.E. lessons having to take place indoors that day, our KS2 girls and Reception class all participated in a football-based session. Individually, they each began the session with

a football, practicing and improving previously learnt skills. The session then finished with a fun team game, which, given the amount of cheering, the children clearly enjoyed. We also finished the day with our after school girls' football club, which was the perfect opportunity to allow our girls to show just how brilliant they are.



## CLUBS FOR SUMMER TERM:

KS1 Athletics Club with Dan W – Wednesdays  
3:15 – 4:15pm (see attached flyer to book)

KS1 Multi-skills club with Sportscool – Fridays  
3:15 – 4:15pm (see attached flyer to book)

KS2 Multi-skills club with Sportscool – Thursdays  
3:15 – 4:15pm (see attached flyer to book)

KS2 boys' football club with Mr Hoad –  
Tuesdays 3:15 – 4:15pm

KS2 girls' football club with Mr Hoad –  
Wednesdays 3:15 – 4:15pm

Football club will be running from w/c 17<sup>th</sup> April  
– 10<sup>th</sup> July, excluding half term.

*Please email the school PE email if you'd like to  
book either football club*

sports@lourdes.brighton-hove.sch.uk

Thank you all!  
**Mrs Golawska**

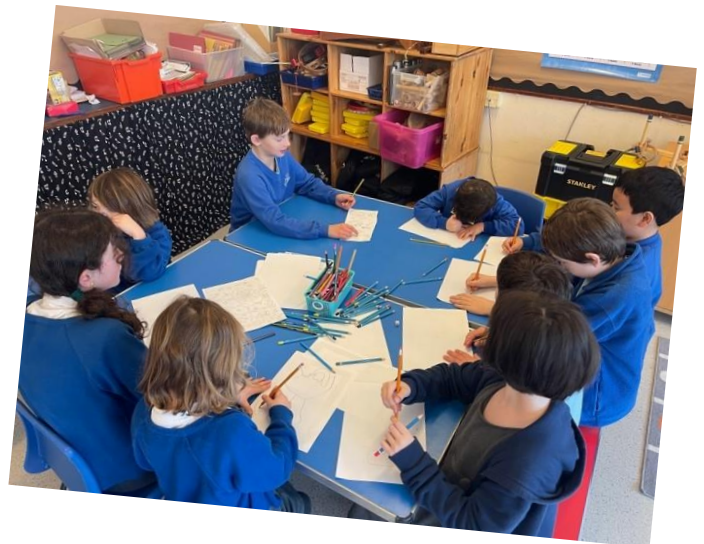


## YR 6 MENTORING - PE GROUP

This term the Yr 6 mentors have continued to show their willingness to learn and be the best mentors they can be to our younger children. This really showed when we had to change our plans last minute when the weather turned worse and hall space was unavailable, a group discussion about what we could do in a classroom space to enthuse all the children made me learn more about the mentors too, we have budding artists who decided to run a drawing masterclass, a board game warrior and origami wizard who came up with their own activities for the children too. It was safe to say they kept the children so engaged it was hard to tell them it was time to go home.



## YR 6 YOUNG LEADERS



This term we have finished our local community topic and will be moving onto the learning about charities and how important they are to so many people. All the Yr 6 pupils have come up with so many ideas to improve the local community for everyone, they have all written a letter to our local councillor asking if their ideas could become reality and to provide an outlook of the village from their eyes, I wonder if we can all help? I wonder what the reply will bring?

**Dan Wescott**





Winning the gold medal for children's sports classes

Start your child's fantastic journey in athletic movement. Through a fun and imaginative format, we enhance athletic, cognitive and social skills of children.



Reception



Little Athletes  
3½-5 Years

Mini Athletes  
5 - 7 Years



Yr 1 & 2

## Our lady of Lourdes Primary School

After School Club - Wednesday's

To Book - Visit the website and search "Brighton" in the Find a Class tab

For More Info - [dwescott@miniathletics.com](mailto:dwescott@miniathletics.com)

[www.miniathletics.com](http://www.miniathletics.com)

Summer Term!





EDUCATE MOTIVATE PARTICIPATE



PERSONNEL CHECKS

# R+KS1 MULTI SPORTS CLUB

SPORTS INCLUDE FOOTBALL, NETBALL, CRICKET AND MANY MORE!

AT OUR LADY OF LOURDES PRIMARY SCHOOL

Club runs on FRIDAY from 3.15pm – 4.15pm on:

**21<sup>st</sup> April – 26<sup>th</sup> May**

This club is open to children of Years R, 1 - 2. The club will take place outdoors, so please wear appropriate footwear and clothing.

**6 weeks of fun for just £30!**

This course has a limited number of spaces allocated on a first come, first served basis.

## SPORTSCOOL BIRTHDAY PARTIES

SportsCool also offer bespoke birthday party packages with the choice of:

- 2 fully qualified and enhanced CRB/DBS checked staff
- Football, multi sports, olympics, dodgeball, plus a range of others!
- A trophy for the birthday boy/girl
- And the most important thing, fun for everyone!

## SPORTSCOOL HOLIDAY CLUBS

SportsCool will be running several amazing holiday clubs at venues near you!

Keep an eye out for our holiday leaflets which will be delivered to your child at school.

Please visit  @sportscoolbrighton for discounts, promotions and more information on our venues, dates and times!

Book by going to [www.sportscool.org](http://www.sportscool.org) and choosing your location.

For further information contact STEVE SIMMONDS on 07710 506598



To book on to one of our courses, follow the simple steps below!

1. Please visit <https://sportscoolbrighton.schoolipal.co.uk/>
2. Click on AFTER SCHOOL CLUB, this will take you to our booking system.
3. Log in to your account (first time users will need to register and provide the required details).
4. Select the School, followed by the club you wish to book for.
5. Select which child/ren you wish to attend.
6. Follow the payment process.
7. Once paid you will be fully booked onto the course.

We look forward to seeing you!



@SSCBrighton



SSCBrighton Ltd



SportsCool are responsible for the safety and care of your child and are insured for all risks. However, SportsCool does not accept responsibility for loss or damage to your child's property. All SportsCool coaches have enhanced DBS clearance.

[WWW.SPORTSCOOL.ORG](http://WWW.SPORTSCOOL.ORG)





# KS2 Multi-Sports CLUB

Alternative sports include fencing, archery, tri golf, ultimate frisbee and more!

## AT OUR LADY OF LOURDES PRIMARY SCHOOL

Club runs on THURSDAY from 3.15pm – 4.15pm on:

**20<sup>th</sup> April – 25<sup>th</sup> March**

This club is open to children of Years 3 - 6. The club will take place outdoors, so please wear appropriate footwear and clothing.

**6 weeks of fun for just £30!**

This course has a limited number of spaces allocated on a first come, first served basis.

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**LONGHILL**  
SPORTS CENTRE

# CLUBS 2023/24

APRIL 2023 - MARCH 2024

## GYMNASTICS

Our gymnastic sessions run throughout the week and are for school years **Reception to Year 6**. We offer a **£8.00 taster session** for first timers, the usual cost is **£82.00** for a 12 week course, split into two payments dates of **£41.00**

**Mondays: 16.00-17.00 & 17.00-18.00**

**Thursdays: 16.00-17.00 & 17.00-18.00**

**Fridays: 16.00-17.00 & 17.00-18.00**

**Saturdays: 09.00-10.00, 10.00-11.00 & 11.00-12.00**

## BADMINTON

Our badminton sessions are for school years **3, 4, 5 & 6**. We offer a **£7.00 taster session** for first timers, the usual cost is **£70.00** for a 12 week course, split into two payments dates of **£35.00**

**Tuesdays: 16.00-17.00 & 17.00-18.00**

**FOR MORE INFORMATION OR TO BOOK YOUR CHILD/CHILDREN ON TO OUR CLUBS PLEASE CONTACT US ON...**

**[longhillsportscentrestaff@longhill.org.uk](mailto:longhillsportscentrestaff@longhill.org.uk) or 01273 391 683**

**Falmer Road, Rottingdean, BN2 7FR**

**[www.longhillsportscentre.co.uk](http://www.longhillsportscentre.co.uk)**