

# Saltergate Junior School Spring Term 2025



## School Sports Values

Respect, **Passion**, Honesty, **Self-Belief**, Determination  
and **Teamwork**

This term the children across the Junior school have had various opportunities to increase their levels of physical activity and improve their skills in physical education. Some of these opportunities were:

- Year 5 swimming
- Intra-House Competitions across years 3, 4, 5 and 6
- The Year 4 Gymnastics Parent Showcase and Intra-house Competition
- A Year 5 and 6 Girls Football Competition ran by HTAFC
- The Harrogate Panathlon at St Aidan's High School
- Year 4 and 5 Swimming Gala
- Year 5 Virtual Dance Competition
- The U11 girls County and Regional Finals, Richmond, Newcastle & Liverpool
- The U11 Girls football team VIP Mascot opportunity at Harrogate Town
- Extra-Curricular P.E. Clubs
- A Girls taster session with the Future Lionesses coaches and BBC York interview
- A taster session with a local Dance instructor
- Year 6 Sports Crew helping with the Year 4 Gym Showcase.
- Specialised P.E. Lessons with Miss Tremble
- P.E lessons with a Oliver from Premier Martial Arts for all classes in Years 3 and 4 as well as working with our always children in Years 5 and 6.
- P.E lessons with Aled Jones in Tag Rugby for both Year 6 classes and some children in Year 5

# Year 5 Swimming

We are pleased that most of the children in Year 5 have now been to the Hydro (now known as The Harrogate Wellness and Fitness Centre) for their swimming lessons. They have enjoyed their swimming sessions and have made some incredible progress over the last two terms. In Year 5 we have had over 50 % of the children achieve the national standard in swimming so far.

The children that did not quite make the national standard in swimming will get another opportunity to continue swimming when they are in Year 6 (in the Summer term) to try help them achieve the standard. Those children who met the standard, will no longer need to swim again at primary school.

Some of children in Year 6 are looking forward to carrying on with their swimming in the Summer term, those children not swimming are also super excited to continue having Tag Rugby and Lacrosse sessions with Aled from Harrogate Rugby Club.

Percentages and figures for Year 5 this academic year

- The number of children attended: 55
- The number of children still to attend swimming lessons: 1 (medical reasons, they will swim in year 6)
- The number of children attained the national standard for swimming: 30
- The percentage of children attained the national standard for swimming: 54%
- The number of children that still need to achieve the national standard in swimming: 26
- The percentage of children that still need to achieve the national standard in swimming: 46%

**Level 1:**

**Intra- house competitions**

**Gymnastics, Tag Rugby and Tennis**



# Spring Intra-House Results 2025



Year 3 Dahl Indoor Games  
Winner: **Earth**  
Year 3 Walliams Skills Competition  
Winner: **Earth**  
Year 4 Morpurgo Gymnastics Vault  
Winner: **Water**  
Year 4 Morpurgo Gymnastics Body Management  
Winner: **Water**  
Year 4 Morpurgo Gymnastics Floor Routine  
Winner: **Water**  
Year 4 Rosen Gymnastics Vault  
Winner: **Air**  
Year 4 Rosen Gymnastics Body Management  
Winner: **Water**  
Year 4 Rosen Gymnastics Floor Routine  
Winner: **Water**  
Year 4 Morpurgo Tennis  
Winner: **Air**  
Year 4 Rosen Tennis  
Winner: **Water**  
Year 5 Tag Rugby  
Winner: **Fire & Water**  
Year 6 Cowell Tag Rugby  
Winner: **Earth**  
Year 6 Rauf Tag Rugby  
Winner: **Fire**  
Year 6 Cowell Jump Ball  
Winner: All four houses tied in 1st place  
Year 6 Rauf Jump Ball  
Winner: **Air**

# Year 4 Gymnastics Showcase to parents

This term the children in Year 4 worked very hard on their Gymnastic skills in P.E. This then led to a Gymnastics showcase to their parents at the end of the half-term.

The children took part in three events; the vault, a body management routine and a floor routine. The children also came in their house colours and competed for their houses in an intra-house competition.

All the children did an incredible job and showed some amazing gymnastic skills. We even had three special judges who came to watch, who gave the children scores out of ten towards the intra-house result.

All the parents, teachers and judges are super proud of all the children after their hard work, resilience and determination.

The Year 3 children are already looking forward to their turn next year after doing some Gymnastics in their P.E. lessons too.



# **Level 2:**

## **Inter- school competitions**

**U11 Girls HTAFC Football Competition,  
The Harrogate Panathlon, Years 4 and 5  
Swimming Gala and Year 5 Virtual Dance  
Competition**

# U11 Girls HTAFC Football Competition

## NORTH YORKSHIRE FINALISTS AGAIN!

WOW! What a super performance by our Year 5 and 6 girls football team again at their football competition, held at Rossett Sports Centre organised by Harrogate Town Community Foundation. They showed amazing skill, resilience, teamwork and respect towards each other, the referees and other teams, with them winning the tournament overall.

This means they go on to represent Harrogate Town and Saltergate at the Premier League Primary Stars Regional Finals in March at Newcastle.

Well done girls, we are super proud of you.

See below for the results on the Regional finals.





# The Harrogate SEND Panathlon Event in KS2

Children from across Years 3, 4, 5 and 6 represented Saltergate at The Harrogate SEND Panathlon event being held at St Aidan's High School, this event was organised by The Panathlon Foundation and North Yorkshire Sport.

All the children had so much fun and were fantastic ambassadors for Saltergate showing great skill, teamwork, respect and resilience. The children did so well and gained enough points to finish 3rd overall as a school only behind Oatlands Primary School and Pannal Primary School.

All the children received a 3rd place medal, a sticker and a certificate, as a school we also received a 3rd place framed certificate which now sits in our trophy cabinet in the Junior School.



# Years 4 and 5 Swimming Gala

Several children from across Years 4 and 5 were picked to take part in a local swimming gala being held at The Harrogate Wellness and Fitness Centre and organised by Active Fitness.

All the children chosen had been involved in swimming trials over the last few weeks at the pool in order to decide on the children for the swimming squad.

At the gala, all the children took part in an individual race as well as a mixed relay race swimming 25 metres using either Breast Stroke, Back Stroke or Front Crawl. The children did incredibly well and we are so proud of their achievements, all their scores were calculated and as a school they finished in 5th place.

We are super proud of all the children who took part. Well done.



# Year 5 Virtual Dance Competition with North Yorkshire Sport

The children in Year 5 have been working very hard all term on their own creative dances ready in anticipation for the virtual dance competition organised by North Yorkshire Sport.

Our school games organiser from NYS came into school to record all the children's dances and she was very impressed with all the dances especially as they were all their own work and creations. She was also impressed with how all the children took up the challenge and gave it their all.

Well done to all the children who took part, we cannot wait to see what the results will be in the Summer term once all the other dances from other school have been filmed and judged.





# **Level 3:**

## **Inter- school competition finals**

**U11 Girl's ESFA Pokemon County Finals,  
U11 Girls ESFA Pokemon Regional Finals  
and U11 Girls Premier League Primary  
Stars Regional Finals**

# U11 Girls ESFA Pokemon Primary Cup County and Regional Finals

The U11 football girls competed in another two football tournament linked to the ESFA Pokemon Primary Cup, one a county final and then a regional final.

After winning at a local tournament back in December, the girls were invited to take part in a County Final being held at Richmond Secondary School in January. The girls played incredibly well and remained undefeated and went on to win the county finals on goal difference after scoring a staggering 18 goals. They were then crowned North Yorkshire County Champions and then invited onto a Regional Final in Liverpool.

Onto Liverpool for the Regional final, the girls travelled to The Liverpool Football Academy to compete in the Pokemon Regional Final. The girls worked incredibly hard playing against some very talented girls football teams winning three of their five games. They were narrowly pipped to a place in one of the Semi-final games and did not make it through the group stages but they were still celebrated and kept their North Yorkshire County Champions title. Each girl also received a medal and what an achievement to be able to play at the Liverpool Football Academy. Well done girls, we are very proud of you.



# U11 Girls Premier League Primary Stars Regional Finals and VIP Mascots

After winning at a local tournament, the U11 girls football team went onto the Premier League Primary Stars Regional Final being held at Newcastle University. The girls were representing Harrogate Town at this tournament and showed great skill, determination. Resilience and teamwork against some very skillful girl's teams. The girls continued to work hard throughout the tournament and only had one game where they were beaten but because they remained resilient and optimistic they battled on to a secure a place in the semi-final and then onto the final. In the final they continued to battle on and came away as regional champions after winning the final 1-0. The girls were crowned North of England champions and they now go onto represent Harrogate Town and Saltergate at the National Finals being held at Wolverhampton Stadium in June. In the afternoon after the tournament, the girls were invited to St James Park in Newcastle to take part in a workshop and take a tour of the stadium, what an experience for the girls.

Due to their success the girls, were then invited by Harrogate Town to be VIP Mascots at a first team ladies match against South Shields. The girls had a wonderful time and even got to play on the pitch at half time.

Good luck girls at the Nationals, we are super proud of everything you have achieved.



# Extra-Curricular Clubs

This term, we have provided several opportunities for the children to attend two sporting clubs for the full term but with the chance to experience a range of sports within these clubs.

These clubs included; Target Games and Competitive games. The sports included were; Tri-Golf, Archery, Fencing, Bocca, Kurling, Tennis, Football, Indoor athletics and cricket.

We have had a high uptake in these clubs with lots of children attending extra-curricular clubs and having lots of fun.

Next term, there will be more opportunities for extra-curricular sporting clubs including Tag Rugby, Cricket and Rounders





# A visit from Future Lionesses Coaches and BBC York Radio Interview

After the recent success of our football girls, we have been lucky enough to have a visit from coaches from the local player development centre called Future Lionesses. They wanted to celebrate the girls success as well as to try raise the profile of girls football even further and try get more girls involved in football.

The coaches delivered an hour session and pushed the girls to their limits working on skills, fitness, game situations and teamwork. It was great to see our usual football girls involved as well as a few extra girls who decided to give it a go. All girls did incredibly well and coped with the skills being asked of them, they came away feeling positive about their football experience and it also helped to prepare the football girls for their upcoming tournaments in Liverpool and Wolverhampton. We also had a reporter from BBC Yorkshire Radio in at this session to interview the girls about their recent successes. They interviewed the girls, coaches and staff about their success and what was next. They also took some photos and videos of the children training, keep an eye out on Look North and social media for the reports.



# A Taster Session with a Dance instructor

This term, we have been lucky enough to have a visit from a local dance instructor from LA Performance Academy, who delivered some specific sessions to various children from each year group across Key Stage 2.

The children in Key Stage 2 had a mix of jazz and street style dance lesson and had lots of fun and got creative with their dances, whilst staying active and physically fit.

A big thank you to Lucy for giving up her time to deliver these sessions across Key Stage 1 and 2, the children had a wonderful time..



# Year 6 Sports Crew

This term the Year 6 Sports Crew have been very busy with some of their responsibilities including making sure we have enough playground equipment out at lunchtimes for all the children as well as putting it back in the correct places.

They have also done their first event of the year, they helped the children in Year 4 during their Gymnastics Showcase to parents. The children helped the Year 4 children by directing them on what came next in the routine as well as giving them lots of positive feedback to keep them going throughout the showcase.

The children also decided on their school sports values winners at the end as well as announcing the winners to the parents, the winners showed one of the following values throughout the showcase; these included honesty, passion, determination, teamwork, self-belief and respect. The winners of these values received a wristband and a certificate.

Next term, the children will start to run their own playground sessions on both KS1 and KS2 as well as helping with both sports days.





# Specialised P.E. lessons with Miss Tremble

This term, Miss Tremble has continued to work in years 4, 5 and 6 teaching P.E. The children have had a range of P.E. lessons ranging from Sport Specific sessions and Real P.E. lessons. The children class teachers have also taught a lesson in P.E. and Year 5 also went swimming.

In Year 4, the children have worked through two sport specific sessions in Gymnastics, Tennis and then had special lessons in Martial Arts (Led by PMA). In Year 5, the children have worked through some of the Real Dance units, worked hard on their dance routines and some children have had special lessons from Aled on Tag Rugby.

Some of the Year 5's have also continued to swim.

In Year 6, the children have worked through a Real Gym Unit, a Real PE unit as well as sport specific sessions with Aled from Harrogate Rugby.

Miss Tremble has been able to use her sporting and coaching background to make all the P.E. lessons interesting and fun meaning all the children are engaged and active in most of the lesson even if it means they have their own challenges to complete compared to other children.

Miss Tremble will continue to deliver more P.E. lessons to all classes in the Summer term.



# PE lessons with Premier Martial Arts in KS2

This term after the success of our taster sessions with Oliver from Premier Martial Arts we decided to invite Oliver back into school to deliver some paid sessions to the children in Years 3 and 4 as well as some of our 'always' children in years 5 and 6.

Oliver has been a huge success and all the children have loved taking part in his sessions, with some even joining his club outside of school. He taught the children how to keep themselves safe, how to defend themselves as well as learning about respect and using what they have learnt in an appropriate manner and place (I.e. only in the lessons and when an adult gives permission, and not on the playground). A massive thank you to Oliver, the children have loved every minute, we look forward to working with Oliver again in the future.



# PE lessons in Tag Rugby with Aled Jones from Harrogate Rugby in Years 5 and 6.

After the success of the Tag Rugby lessons over the last two years, we have been lucky enough to get Aled back in again this term to run Tag Rugby to some children in Year 5 and both classes in Year 6. The children in Year 5 were chosen because they had finished their swimming lessons and were given a new challenge of taking part in some Tag Rugby Lessons, whilst the rest of their year group continued to swim. These children will be invited to the Tag Rugby Festival held at Harrogate Rugby Club by Aled in June and so far, there are some impressive rugby skills on show.

All the children in Year 6 also have had an opportunity to work with Aled in the afternoon sessions, some for the first time and others developing on what they learnt last year in their Rugby sessions with Aled. So far all the children have loved working with Aled and have had lots of fun.

In the Summer term, the Year 5's will continue to work with Aled (in the afternoon session) in preparation for the festival. Then some of the Year 6 children who do not need to swim, will work with Aled on a mix of Tag Rugby and Lacrosse as most of these children have had lots of sessions on Rugby and they can now try something new and exciting.



## **Coming up in the Summer Term 2025**

- Intra-House Competitions
- Inter-School Competitions through North Yorkshire Sport, Your School Games and Red Kite
  - U11 Girls National Finals
  - Extra-Curricular Clubs
  - Year 6 Swimming
- Tag Rugby with Aled in Year 5 (specific group)
- Tag Rugby and Lacrosse with Aled in Year 6 (specific group)
  - Sports Day
- Plus much much more...