

# Saltergate Junior School Autumn Term 2023



## 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 6 swimming.
- Intra-House Competitions across the school.
- Extra-Curricular P.E. Clubs with some along side HTAFC coaches.
- HTAFC coaches working with the children in Year 3.
- Specialised P.E. Lessons with Miss Tremble
- Year 6 Sports Crew sessions.
- Year 6 Sports leaders sessions working on leadership.
- Year 6 Residential trip to Waterpark in the Lake District

## Year 6 Swimming

We are pleased that the Year 6 children have now returned to the Hydro (now known as The Harrogate Wellness and Fitness Centre) for their swimming lessons. Most of the children in year 6 have now been swimming, they have really enjoyed their swimming sessions and have made some incredible progress over this term with just under half achieving the national standard in swimming.

The children that did not quite make the national standard in swimming will get the opportunity to carry on swimming in the Summer term to try help them achieve the standard. Those children who met the standard, will no longer need to swim this year.

In the Spring term, we are excited to take the year 5 children swimming too.

Percentages and figures for Year 6 so far this year

- The number of children attended: 55
- The number of children still to attend swimming lessons: 1
- The number of children attained the national standard for swimming: 25
- The percentage of children attained the national standard for swimming: 45%
- The number of children that still need to achieve the national standard in swimming: 31
- The percentage of children that still need to achieve the national standard in swimming: 55%

# **Level 1:**

## **Intra- house competitions**

**Multi-Skills, Ancient Greek Mini  
Olympics, Dodgeball & Hockey**



# Autumn Intra-House Results 2023



- Year 3 Dahl Multi-Skills  
Winner: **Water**
- Year 3 Walliams Multi-Skills  
Winner: **Air**
- Year 4 Morpurgo Class Mini Olympics  
Winner: **Air & Fire**
- Year 4 Rowling Class Mini Olympics  
Winner: **Air & Fire**
- Year 5 Dodgeball  
Winner: **Water & Fire**
- Year 5 Potter Hockey  
Winner: **Fire**
- Year 5 Tolkien Hockey  
Winner: **Earth**
- Year 5 Potter Multi-Skills  
Winner: **Fire**
- Year 5 Tolkien Multi-Skills  
Winner: **Air**
- Year 5 Potter Indoor Athletics  
Winner: **Water**
- Year 5 Tolkien Indoor Athletics  
Winner: **Earth & Air**
- Year 6 Cowell Indoor Athletics  
Winner: **Water & Air**
- Year 6 Pullman Indoor Athletics  
Winner: **Earth**
- Year 6 Cowell Hockey  
Winner: **Water**
- Year 6 Pullman Hockey  
Winner: **Water & Fire**

# Extra-Curricular Clubs

This term, we have provided several opportunities for the children to attend various sporting clubs, with one alongside the coaches from The Harrogate Town Football Community Foundation.

These clubs included; Basketball, Football, Hockey and Dodgeball.

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 Indoor Athletics, Gymnastics, Tennis, Cricket and maybe even girls football with Killinghall Nomads!



## Resilience building sessions delivered to Year 3 by HTAFC

This term the coaches from HTAFC have been delivering P.E. sessions alongside Miss Tremble in Year 3 working on resilience.

The children have had the opportunities to experience different games and activities that develop resilience, these skills and experiences will help all the children in the future and allow them to cope with different situation in and out of school.

All the children have had a wonderful time working alongside HTAFC and have had great fun!

The coaches will be working in the Infant school next term on CPD and resilience in Reception and Year 1. The coaches will be back in the Junior school in the Summer term working with Year 6 after they have finished their SATS.



# Specialised P.E. lessons with Miss Tremble

This year, Miss Tremble has started to work in every year group teaching P.E. The children have had a range of P.E. lessons ranging from Sport Specific sessions, Resilience alongside HTAFC and Real P.E. lessons. The children class teachers have also taught a lesson in P.E. except in Year 6 who went swimming instead.

In Year 3, the children had resilience sessions with Miss Tremble and HTAFC.

In Year 4, the children have worked through two units of Real P.E.

In Year 5, the children have worked through two units of Real P.E. as well as sport specific sessions in Hockey and Indoor Athletics.

In Year 6, the children have been swimming, had sport specific sessions in Hockey and Indoor Athletics as well as one small group taking part in some leadership sessions.

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.

All of the children enjoy their P.E. lessons and have even made some lovely comments recently;

'Miss Tremble, you always seem to make our P.E. lessons so fun'

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





# Year 6 Sports Crew

Several children in Year 6 have recently been chosen by their class teachers to be Saltergates Sports Crew. They were chosen because we feel they would benefit from been given the opportunity to shine in a new area; leadership and P.E.

So far, the children have met with Miss Tremble to discuss what they feel sports crew is, their responsibilities, what they could gain as well as what sessions they could provide to the other children. They have also helped lead some golden time sessions in Dodgeball and Indoor Athletics.

The children have also voted and chosen their roles in sports crew including the head and deputy as well as other roles including media, equipment and recruitment leaders. The children are super excited to get going and have even started pulling out the playground equipment each day at lunchtime for all the children to use.



# Sports Leaders sessions in Year 6.

Children in Year 6 who are currently not swimming with the other children as they have met the national swimming standard (we can only take 45 children at a time), have been taking part in some leadership sessions with Miss Tremble.

The children have been working in small groups to develop mini games for the infant children, delivering these to each other and then evaluating them to see how they could improve them. Once all the children had done the above, they all held a secret vote on each others games to see which ones they would like to deliver to children in Year 2. Once the final two games were chosen, the children were split into two groups and then had a few weeks to develop these games further and practice their delivery.

In the final week of term, the children delivered their final games to some always children in Year 2. The Year 2 children had a great time and all the leaders did a great job and have worked incredibly hard improving their leadership skills this half term.



# Year 6 Residential trip to the Waterpark in the Lake District

This term, the children in Year 6 got to go on their residential trip to the Waterpark in the Lake District.

The Waterpark is based next to Lake Coniston and is an amazing place for the children to visit and take part in activities they have never done before and may never do again. Some of these activities included; sailing, ghyll scrambling, paddle boarding, kayaking, rafted canoeing, voyaging on a viking boat, high ropes, low ropes, climbing wall, orienteering and an evening spent around a bonfire roasting marshmallows.

The children also get the opportunity to develop several other skills and vital life skills such as teamwork, resilience, independence as well as learning to deal with being away from home overnight, which many had never done before.

All the children had a fabulous time and have made memories which will last a lifetime. Many of them want to go back again.

See the next slide for some impressive photos of Waterpark.





## Coming up in the Spring Term 2024

- Intra-House Competitions including a special gymnastics competition in Year 4.
- Inter-School Competitions through North Yorkshire Sport and Your School Games.
  - Extra-Curricular Clubs
    - Year 5 Swimming
- We will hopefully have some Karate visits from a local instructor
  - Plus much more!