BPSS Primary Newsletter December 2022

WELCOME

.... we hope our last BPSS
Primary Newsletter of this calendar year
continues to provide you with all the
information and support you require to
help inspire your students to be happy,
healthy and active.

There's been a range of events that have taken place so far this term;
Netball Festival, Dodgeball Festival,
Sporthall Athletics, Movement festival and the Christmas festival.

At both the dodgeball and netball festival 330 students played multiple friendly games against different schools with the importance of having fun being at the center of the festival. 133 young students attended the movement festival taking part in multiple stations based around gymnastics and dance. Students, teachers and young leaders created a wonderful atmosphere at the festivals and it was fantastic to see young people's confidence grow throughout the event. Well done to all of the young people who took part.

Our final festival welcomed 162 to our KS1 Christmas festival. The children brought lots of festive cheer to Burnt Oak Leisure Centre, participating in a range of fun stations focusing on their agility, balance and coordination.

16 schools competed at the sportshall athletics competition at Copthall Leisure Centre. The pupils took part in track races and field events. The atmosphere was electric, creating a lovely environment to compete in. There were some fantastic team and individual performances, well done to all athletes who took.

Barnet Bar No One was back with a bang with over 150 young pupils with SEND attending. They took part in golf, cricket, boccia, new age kurling, rowing, parachute games, speed stacking, and athletics. Supported by local coaches and leaders from Ark Pioneer and St James' Catholic High School.

In the New Year BPSS continues to provide an array of opportunities for all your students to engage in physical activity, such as, Girls Football, Mixed Football, Netball and the Barnet Dance Festival

Bookings for events from January until April are now open and bookable via the BPSS website.

Please do continue to check the BPSS calendar for the most up to date event information.

Please do let us know if there is anything we can help support you with. All the best,

The BPSS Team



Up and Coming BPSS Events

January

12^{th -} PE Subject Leaders

19th – Y5/6 Girls Football

26th – Y5/6 Mixed Football

31st - Y5/6 Netball

February

8th – Y1/2/3/4/5/6 Boccia

21st - Y3/4 New Age Kurling

24th Y3/4 Badminton Festival

March

1st – Y4/5/6 Cross Country

2nd – Y3/4/5/6 Cross Country

10th-Y3/4 Girls Football

13th – Y1/2 Girls Football Festival

22nd – Y3/4 Sitting Volleyball

24th – Y1/2 Mixed Football Festival

27th – Y3/4 Mixed Football Festival

April

19[™] – Y5/6 Basketball

If you would like further information or to book any of the Autumn term events, please visit the <u>BPSS website</u>. Please make sure you are able to attend before booking on. If you require a log in, please contact your SGO.

BPSS Updates



Primary Rugby League

We are delighted to announce the return of the Year 5 & 6 Primary Rugby League.

If you would like to enter the league this year, please click the link <u>here</u> to complete the short survey by 3pm on <u>Friday 13th January</u>. There are some additional questions asked which will be helpful for Katie to know when planning the leagues. This year's rules can be found attached to the survey.

Any schools that do not complete the survey after the deadline run the risk of not being entered.

The rugby meeting will take place virtually on <u>Wednesday 25th January</u> (3.45pm). Attendance is compulsory, further details will be sent to those schools that complete the survey.

If you would like any assistance with running tag rugby in your school, please contact Nash Cohen at Accelerate Sports (nash@accelerate-sports.co.uk)

BPSS Virtual Skipping Challenges

Thank you to everyone that took part in the Year 5 challenge.

See below for the Year 4 deadline dates. Please click <u>here</u> for further information.

Year 4 1 st January 8 th February	Year Group:	Start Date:	End Date:
	Year 4	1 st January	8 th February

Year Group:	Start Date:	End Date:
Inclusive KS2	12 th September	30 th March

KS1 Games Mark

We are excited to announce the return of the BPSS KS1 Games Mark. This award recognises schools hard work to engage KS1 students in physical activity and sport. Schools will be able to apply for bronze, silver, gold and platinum levels if they meet the set criteria. The criteria will be sent to schools on Tuesday 18th October and will also be available on the BPSS website.

PRIMARY SUBJECT LEADERS- The next PE Subjects leaders meeting will take place on Thursday 12th January, 8.30am - 12.45pm. Both venue and agenda is to be confirmed. If you would like to attend, please book <u>here</u>.

BPSS Partners

Inclusive Health Check

The updated Inclusive Health Check is now live your School Games dashboard

It will support you in ensuring the School Games can make an inspiring and meaningful difference to young people, young people with SEND, Ethnically Diverse Communities, Girls, Faith groups, and children eligible for Pupil Premium. It also signposts you to a range of excellent resources and training from a wide range of equality partners. Please click HERE to sign into your dashboard to complete.

Challenge Sport Education

Be in for the chance to win a free boxing workshop! Challenge Sport Education are currently offering 3 x free boxing workshops run by a licensed boxing coach.

Within the workshop. Children will not only learn the fundamental boxing skills in a fun and safe environment, but also see the link of boxing on mental well-being.

To enter their raffle and see more information please click <u>here</u>.

Calling all Schools to Support the Sugar Smart Barnet campaign

From a young age, children are getting used to the sweet taste of snack foods which influences their health in the future. We are all bombarded with sugary snack foods wherever we go, often with misleading claims on the packaging. Here in Barnet, we are supporting the Sugar Smart campaign to help combat this. Sugar Smart Barnet is a local campaign that encourages organisations such as businesses, schools, and early year's settings to join the movement to reduce sugar and its effects on ill health. By signing up you will be joining the fight to reduce sugar consumption amongst the children and young people of Barnet. The consequences of high sugar consumption for children include tooth decay, excess weight, and even type 2 diabetes. Join the campaign and pledge to be a Sugar Smart setting today. Upon signing up, your school's setting will be given a list of easy-to-implement Sugar Smart actions to get involved in and access to a wealth of Sugar Smart resources provided by the campaign founders Sustain. To sign up please visit HERE.

If you have any questions or queries, please visit Sugar Smart Barnet and/or get in touch at michelle.leon@barnet.gov.uk

Daily Mile

The daily mile is a free and simple children's health initiative that involves nursery and primary school children running, walking and jogging for 15 minutes every day.

Schools can sign up for free to access online resources and virtual commonwealth maps. Please click the link <u>HERE</u> if you would like further information or sign up.

Back by popular demand..... "Laps to Lapland" The Daily Mile Foundation have re-launched their Laps to Lapland challenge to keep children active in the lead-up to the end-of-year break. Their reindeer needs to pull the sleigh back to Lapland in time for Christmas Eve! https://thedailymile.co.uk/laps-to-lapland/



NON STOP ACTION ANNUAL PE FORUM

Non Stop Action- will be hosting their annual PE forum on **Friday 24th March 2023** from **1:30pm-4:30pm**. This year's event will take place at the Hive Stadium (Camrose Avenue, London, HA8 6AG).

Throughout the event, there will also be opportunities to interact with other schools, and for us all to reflect and consider ways in which to improve and develop the future Physical Education experience for our children

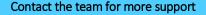
Tickets are priced at £30 plus Vat. If you would like to attend please contact Alex for more information alex@nonstopaction.co.uk

FA GAMES TRAINING

FA are **running** an exciting games training CPD, an email was sent out to schools to gather interest, if you would like to be part of the 2 part course you can email <u>n.fisher@qegschool.org.uk</u>

LTA FREE Teacher Training

The LTA Youth Schools Programme brings together inclusive PE lesson plans, personal development resources, teacher training and much more. It's all been designed by teachers, for teachers, and it's all free. Take part by clicking HERE and complete the online training to receive a £250 reward voucher for your school.





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