

PESSPA NEWSLETTER

PHYSICAL EDUCATION, SCHOOL SPORT AND PHYSICAL ACTIVITY

The results of the Active Suffolk Survey are in !

Date: March 2023

School Name: Great Waldingfield

Sample: Year 3 - 6

Sample Size: 100



PHYSICAL ACTIVITY LEVELS

3 hours 40 mins Parents perception of how much activity their child does per week

2 hours 35 mins Parent average activity time per week

2 hours 50 mins Pupil average activity time per week

ACTIVE TRAVEL

CAR/TAXI

56%



BUS

1%



PARK & STRIDE

1%



CYCLE

1%



SCOOTER

3%



WALK

38%

ATTITUDES TOWARDS PHYSICAL ACTIVITY

All the following stats are taken from % of Y3-6 pupils who reported strongly agree or agree

87% said being physically active is very important to me

84% enjoy taking part in exercise and sports

79% feel confident when I exercise and play sports

37% said they are active during school, outside of PE



OCTO-LEAGUE

Unfortunately there have been a few cancellations and we have not been able to play as many matches as planned - we hope to re-schedule these, however on Friday 12th May our Yrs 6 had a match against Boxford. Unfortunately for Boxford they were struck down with illness and were three players short in the boys team; however, three of our boys stepped up to play for Boxford to enable the match to go ahead.

Mr Griffith from Boxford sent us the following message:

I wanted to say that three boys from your school showed outstanding sportsmanship when they decided to play for us. The boys fitted into our team and from the outside you didn't think they were 'Great Waldingfield students.'

I just wanted to say on behalf of Boxford Primary School a massive thank you to these children as it wasn't for them then the game might not have gone ahead - Great Waldingfield Primary School were the deserving winners of the day - Mr Griffith - Boxford Primary School

Staff spotlight

- Even the staff get involved in sporting activities! Miss Balaam has recently visited the 'Boom Battle Bar' in Ipswich, it has lots to offer, including: crazy golf, augmented darts and baseball/tennis, shuffleboard, axe throwing, ping pong, and pool. Sport doesn't just stop at school!



LET'S CELEBRATE INDIVIDUAL SUCCESSES



Jessica - Yr 4 competed last weekend in Snetterton, where she achieved her first clear round - Well done Jessica ! Her nanny's dog is a flat-coated retriever who is now grade 5 in agility, which comes with grade 5 courses. So, Jessica has done amazingly well. Her trainer has very high hopes for Jessica competing at Cruft's next year!




 Henry was awarded Man of the Match in football on Saturday 22nd April - Congratulations !

On Sunday 30th April, Cooper received his marathon wristband from junior parkrun for completing 21 runs. The same day he also knocked 40 seconds off his PB and set a new one at 12.22. He ran with Albie and I think their friendly competition and giggles made them both run very fast! Well done Cooper!



On Saturday 22nd April Annabella performed certain criteria moves and achieved her grade 4 medal in gymnastics - Congratulations!!

Poppy - Yr 3 was selected to play for the U10 Sudbury Hockey Team to play in a Suffolk tournament in March. Her team made it through the County stage and she was selected to play at the regional tournament at Harleston Magpies Hockey Club in Diss - Well done Poppy!



Please let us know about achievements your child has made in sports outside of school - we would love to hear them. We would also like to hear of adult sport achievements - are you running a marathon? do you take part in triathlons? Let us know!