

# PE and School Sport at Ocean Academy



At Ocean Academy, we value PE and School Sport extremely highly and the rewards of this are beginning to show for our pupils. When asked about PE, school sport or health, the children speak confidently and knowledgeably about enjoying their lessons, having lots to do at break times and enjoying the opportunities that are available to them to compete in sport.

This term, we have tried our best to continue our improvement of teaching and learning in PE, health and school sport.

- We timetable 4 hours of taught PE, health and games every week; well over the national recommendation of 2 hours per week.
- Ocean pupils are fit, healthy and understand that fit and healthy doesn't necessarily mean thin! Ocean pupils understand the importance of a good physical education and are developing their fundamental skills through small sided games; allowing all children to develop at their own pace with activities which can be easily adapted to suit all learner needs.
- Breaktimes at Ocean are extremely active! Every breaktime, children have so many opportunities to enjoy some active fun whether it be skipping, practising gymnastic routines, football, tennis, netball, tag games or traversing the agility trail. It is so brilliant to see children finding enjoyment and making friends through active play.
- We now have around 100 children attending our squad training clubs every week which is such an amazing opportunity to develop their fundamental movement skills further and apply them to more complex situations (specific sports).
- Our core strength clubs are ever popular and the children are gaining valuable time and attention to improve their gross and fine motor skills.
- We have attended most of the sporting events made available to us this year and have also organised extra, friendly events to ensure that as many pupils as possible get the opportunity to get out and represent their school at something during their time here: experiencing that warm, fuzzy feeling of pride as they pull on the Ocean kit. We will be organising more and more events in the next term so, if you haven't been to a sports event with us yet, keep working hard in your PE lessons, express an interest in joining a squad and I'm sure it won't be long.
- We are well ahead in terms of our next Gold kitemark application (2018/19); achieving above and beyond the criteria already. We need two more Golds to be the first school in Dorset to achieve the Platinum award.

## This year's Ocean sporting highlights (so far...):

**BCS Y6 Tag rugby tournament:** Unbeaten at the event. Overall place: 1<sup>st</sup>/16 teams.

**Poole schools Y5-6 Girls football tournament:** Unbeaten at both events. Overall place: 1<sup>st</sup>/16 teams.

**Poole schools Indoor Athletics league (our 1st attempt):** 2nd place/4 teams.

**Y6 Poole schools' netball tournament A teams:** 4th place/16 teams.

**Y6 Poole schools' netball tournament B/C teams:** Ocean B: 1<sup>st</sup>/8 teams. Ocean C: 2<sup>nd</sup>/8 teams.

**Y5 Poole schools' netball tournament A/B teams:** Ocean A: 1<sup>st</sup>/8 teams. Ocean B: 2<sup>nd</sup>/8 teams.

**Y5-6 Dorset tag rugby tournament A/B teams:** Ocean A: 8/8 matches won. Ocean B: 7/8 matches won, 1/8 draw.

Teams at this tournament were not placed.

Thank you to everyone for your involvement in developing the PE and School Sport at Ocean. There are still lots of things that we can get better at, and these are being targeted in our action plan, but we wanted to celebrate the positives at the end of a very busy term of PE.

Mr Tharme and Mr White  
Leader of PE and PE Teacher

We would also like to point you towards the Change4Life website which is full of information, games and interactive tools to help support families to build healthy and active lifestyles  
(<https://www.nhs.uk/change4life>)

The image shows three informational cards from the Change4Life website. The first card is titled '10 Minute Shake Ups' and features a circular logo with a rabbit and a person. The second card is titled 'Smart swaps' and features an illustration of a chocolate muffin and a green apple. The third card is titled 'Snack time' and features an illustration of a green apple. Each card includes text providing tips and information related to the title.

**10 Minute Shake Ups**  
Have you tried our Disney inspired games? Shake Ups are fun for all the family – and a great way for kids to get active!

**Smart swaps**  
After school, swap biscuits, sweets and chocolate muffins for healthier snacks like fruit and chopped veggies, plain rice cakes, toast with lower-fat spread or a fruited teacake.

**Snack time**  
Set a regular healthy snack time for mid-morning and afternoon when the kids are home. It helps train their bodies to know regular food is coming, making them less likely to reach for unhealthy choices. Make at least one snack count towards their  
► More about snacks

## Spring Term 2019 Fixtures and Results:

Date	Competition/Event	Result & Highlights	Well done to...									
28.02.2019	YEAR 4-6 RUGBY MEGAFEST	<b>Non-competitive event.</b> This event was all about FUN. The children worked with a variety of sports leaders to try lots of different rugby style games. We had a great time!	Monty M Tia Lacey-Jane Charlie Archie	Tom Lucas Maisy Teddy Max								
01.03.2019	YEAR 6 NETBALL MATCH Vs BEARWOOD PRIMARY	<b>Bearwood 2 – 21 Ocean</b> This was our final match in the netball league and our netballers did us proud with lots of quick moving and passing, accurate shooting and humble attitudes.	Maisie Will Tiz Sam	Olivia Yasmin Archie								
05.03.2019	YEAR 6 NETBALL TOURNAMENT (A)	<b>4<sup>th</sup> place/16 teams</b> These six girls have been playing netball together for a while now and have come on such a long way. They love the game and have a great attitude towards playing! Well done on a great result at Ocean's first EVER netball A tournament.	Willow Freya Freya	April Isabella Freya								
07.03.2019	YEAR 5-6 TAG RUGBY FESTIVAL (A/B)	<b>Non-competitive event.</b> This is always a great event for Ocean, particularly as we have so many keen rugby players in the school; training every week with Rippa Rugby in PE lessons and afterschool. Although this was a non-competitive event, there were still matches against other schools. Oceans results were: <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td><b>Ocean A (League 1)</b></td> <td>Played: 8</td> <td>Won: 8</td> <td>Drew: 0</td> </tr> <tr> <td><b>Ocean B (League 2)</b></td> <td>Played: 8</td> <td>Won: 7</td> <td>Drew: 1</td> </tr> </table>	<b>Ocean A (League 1)</b>	Played: 8	Won: 8	Drew: 0	<b>Ocean B (League 2)</b>	Played: 8	Won: 7	Drew: 1	Felix Zak Gabriel Isla Ellie Taya Rosie Tommy	Archie Kobe Leon Vanessa Oliver William Seb Ryan
<b>Ocean A (League 1)</b>	Played: 8	Won: 8	Drew: 0									
<b>Ocean B (League 2)</b>	Played: 8	Won: 7	Drew: 1									
08.03.2019	YEAR 5-6 HANDBALL FESTIVAL (A)	<b>Non-competitive event.</b> Our first ever handball event was a great success. The children took to it like ducks to water and picked up the rules and skills almost instantly. They played some amazing handball and won 5 of their 6 games; closely losing their last!	Rosie Zak Flynn Kevin	Felix Reece Isla								
08.03.2019	YEAR 4 POOLE SCHOOLS SWIMMING GALA (A)	<b>Individually placed.</b> Well done to all of our swimmers who took part in this gala; our first ever Year 4 swimming event. You swam your hearts out and did your very best and we were proud to see what you could do! Well done 😊	Mali Maya Ella Cameron	Zack Ruby Ben George								
14.03.2019	YEAR 6 NETBALL FESTIVAL (B/C)	<b>Ocean B: 1<sup>st</sup> place. Ocean C: 2<sup>nd</sup> place.</b> Winning all of our matches at this event with quick passing, energetic defending and accurate shooting, both teams did amazingly well at this event. The only match that Ocean C lost, was against Ocean B by a single point! You did yourselves and your school proud – well done 😊	Sam Maisie Yasmin Olivia Will Tiz Annabelle	Anais Teddy Mollie Aaron Scarlet Archie Sophie								
15.03.2019	YEAR 3-4 MULTISKILLS FESTIVAL	<b>Non-competitive event.</b> This event was an amazing opportunity to take children who had not been out on a sporting event before to their first taste of sport outside of school. They were impeccably behaved, so positively engaged in each activity and tried their best in every event. Well done to everyone!	Harrison Connor Ava-Lilly Layla	Joe Hayden Skye Morgan								
19.03.2019	YEAR 5 NETBALL FESTIVAL (A)	<b>Ocean A: 1<sup>st</sup> place. Ocean B: 2<sup>nd</sup> place.</b> Another netball event meant that it was now time for the Year 5's to put their training and hard work in to practise. Once again, the netball played by the Ocean teams was exactly how we like it: short and quick; bamboozling the opponents with our snappy passing and quick movement off the ball. Each and every child did such an amazing job and should be extremely proud of their efforts.	Anais Teddy Kaitlin Lucie Stanley Ava Sam	Isabel Luella Tegan Erin Harlen Kate Zack								
21.03.2019	YEAR 5-6 FRIENDLY FOOTBALL FIXTURE Vs BEARWOOD PRIMARY	<b>Bearwood 5 – 1 Ocean Academy</b> We organised this friendly against Bearwood to give an opportunity to some new players in the squad who had shown their dedication and hard work in training. Some lovely football was played and the children tried really hard to overcome early difficulties in the match, but in the end, Bearwood's team proved too strong; losing the game. Nevertheless, a big well done for your resilience, determination and positivity throughout the match!	Isla Olivia Rosie Lucie Kaitlin	Keano Monty William Finley Lucas								
28.03.2019	YEAR 3-4 FRIENDLY FOOTBALL FIXTURE Vs BEARWOOD PRIMARY	<b>Bearwood 4 – 3 Ocean Academy</b> Again, this fixture was organised to give some new players the chance to represent their school in a competitive football match and it was an exciting match to watch. The first half ended 2-0 to Bearwood. After a re-group at half time, we were far more aggressive in our defending and managed to score 3 excellent goals to go 3-2 up. A massive turnaround! Unfortunately, some skilful Bearwood play meant that they managed to score 2 more goals to win the match! Well done everyone who took part!	Harrison Zack Lilly Crystal Isabel	Craig Zack Mali Gaia								
02.04.2019	YEAR 3-4 NETBALL FESTIVAL (A/B)	<b>Ocean A: 1<sup>st</sup> in Group A. Ocean B: Joint 1<sup>st</sup> in Group B.</b> Our final netball event of the year ended in a real positive! We have such a promising, keen and positive group of players who are already progressing in their ability and confidence to play competitive netball. It was so lovely to see a group of players so engaged in the game and learning so much from every game. By the end of the tournament, both teams had not only improved so much, but also went on to do extremely well in their groups. Well done to everyone – you did yourselves proud!	Daisy Daisy Lilly Stanley Grace Gracie	Olivia Zack Gaia Ruby Ava								

