St Mary's PE News

Spring Term 2026

Bethlehem Class have been learning through a safari-themed pulse raiser and a range of gymnastics activities. Reception-aged children have been introduced to basic gymnastic shapes and key movements such as hopping and jumping, while developing balance, agility, and upper body strength. Throwing and catching activities help improve hand-eye coordination and encourage healthy competition both individually and with peers. Progress is shown through increased confidence, stability, and coordination. The the children engaged in activities on large equipment designed to enhance their upper body strength. They practiced various rolling techniques, including egg rolls, rock n rolls, and pencil rolls, which contributed to their physical development. Additionally, they explored different jump styles, such as star, tuck, and straddle jumps, further diversifying their skill set and promoting overall fitness.









Cana class have really enjoyed learning about their ball skills, which has involved the children working hard to secure their ball skills such as underarm and overarm throwing, rolling and bouncing a ball. We have also been demonstrating our gymnastic skills of travelling, balancing and jumping and we even had a go at demonstrating these skills on our gymnastics equipment. Cana class have been working hard on their fundamental skills. They have been particularly focusing on rolling balls and ensuring that they have the correct position to help them roll a ball accurately.







In Gethsemane Class, the children have been learning how to bounce a ball with increasing control, both when standing still and while moving. They then developed their throwing skills, focusing on aiming carefully and throwing with accuracy. As their confidence grew, the children learned how to move into space and began to use simple tactics when playing games. They worked well together and showed good teamwork and enjoyment in their PE lessons.






Jerusalem class were learning about gymnastics, focusing on creating and improving movement sequences that included travelling, balancing, jumping, and rolling. We were using apparatus to try new skills safely, change direction and speed, and link movements smoothly. We were also learning to show courage by trying new experiences and to evaluate performances by recognising strengths and areas for improvement in ourselves and others. Our class had been learning how to pass a ball in different ways, such as a handball pass, bounce pass, and one-handed pass. We had practised moving into space after passing and using simple tactics, like feints, to get past a defender in games. We had also learned the importance of honesty by counting our passes correctly, playing by the rules, and showing fair play.






In Nazareth Class, the children have learnt how to play tag rugby to develop key physical skills such as running, dodging and passing, while also building teamwork and game awareness. The non-contact nature of tag rugby makes it inclusive and safe, encouraging all children to take part, enjoy being active and play fairly.





In PE Zion class, have been developing their netball skills through a range of engaging activities. They practiced key passing techniques, including the chest pass, shoulder pass, and bounce pass, focusing on accuracy and control. They also worked on tactics such as dodging our partners to create space and improve movement on the court. To bring everything together, they applied these skills in a game situation, which helped them build teamwork, communication, and confidence while playing.







Maths Primary League Stars

We took part in a Primary Stars Premier League maths workshop where we learned about the important job of groundspeople at a football club. They look after the pitch and make sure it is safe and ready for matches. We discovered how maths is used in their work, especially when measuring area and perimeter to mark out the pitch and plan spaces. It was a fun way to see how maths is used in real life and in football.







Fleetwood Town Player Visit

Fleetwood Town player visit ended our Premier League Maths workshops, giving pupils an unforgettable finale to the programme. Players met students, shared their experiences of using maths in professional football, and celebrated the hard work and progress made throughout the workshops.





🏃 Athletics 🏅

We had a fantastic time attending the Wyre Small Schools Sportshall Athletics at Myerscough College on Friday afternoon! The children thoroughly enjoyed the activities and were proud to represent our school. We are very grateful to the leaders from Garstang Community Academy, Blackpool Wyre & Fylde Athletics Club, and Myerscough College for their support throughout the afternoon, and we would also like to thank the Myerscough College Sports Department for allowing us to use their excellent facilities. Please find attached the results along with a participation certificate.










WOW Walk to School Designs

We designed our own walk to school badges using the five senses to show what we notice on our journey each day. We thought about what we see, hear, smell, touch, and even taste, and turned those ideas into creative pictures and symbols. Each badge is unique and shows how everyone experiences the same walk in different ways. It helped us be more aware of our surroundings and made our walk to school more fun and meaningful.









🏊 🌟 Splashing Success: Our Swimming Gala Stars! 🌟 🏊

The children had an amazing time at the swimming gala and truly did a fantastic job! They all worked so hard in their events, showing great determination, teamwork, and sportsmanship. Many of them placed in some of the competitions, which is a wonderful achievement and a testament to their dedication and effort. As a school, we are so proud of every single one of them and the way they represented us with such energy, enthusiasm, and pride. Their commitment and spirit really shone through, making this a memorable and inspiring day for everyone.




🏉 Rugby Club 🏉

The children have been actively participating in training sessions, where they have been developing their skills, building teamwork, and growing in confidence. Through regular practice, they have shown clear improvement in their understanding, coordination, fitness levels, and overall performance.








⚽ 👧 Girls Football Club 👧 ⚽

Girls in school have been taking part in an after-school football club, where they've been developing new skills and building their confidence on the pitch. Through fun activities and regular practice, they are improving their passing, teamwork, and understanding of the game. The club has also given them a great opportunity to work together, support one another, and enjoy being part of a team.






✨ 📣 Cheerleading Club 📣 ✨

The children have been thoroughly enjoying the cheerleading club, where they enthusiastically showcase their growing skills. They demonstrate teamwork, confidence, and creativity while learning new routines, and their excitement and dedication are evident in every session.





🚣 Rowing for Fitness 💪

The children have recently been taking part in a rowing session to help build their fitness, strength, and overall wellbeing. Using rowing machines, they have been developing key physical skills such as endurance, coordination, and stamina, while also learning the importance of maintaining a steady pace and good technique.








Scoot Safe

The children are participating in a 5-week Scoot Safe programme, where they are learning how to scoot safely and responsibly. They are developing important skills such as balancing, steering and stopping safely. The children are also learning about the importance of wearing helmets and protective equipment to keep themselves safe.

During the sessions, they practice scooting in a safe space while learning to be aware of their surroundings and look out for hazards. The programme helps to build their confidence, coordination and independence. It also teaches them important safety skills so they can scoot safely while staying active and having fun.






