PE Newsletter: A Fantastic Year of Sport and Physical Education

Last year was an exciting and successful year for PE and sport at Holbrook. We are committed to promoting active, healthy lifestyles and ensuring that every child has the opportunity to enjoy and participate in sport. To support this, all pupils receive two PE lessons each week, alongside a wide range of sporting clubs available before and after school.

Thanks to the continued support of Horsham District Council and Horsham Sport Services, our pupils were also able to take part in a variety of sporting festivals and competitions throughout the year. Our goal is to provide every child with the chance to represent the school and experience competitive sport.

We are incredibly proud that 89% of our pupils attended at least one external sporting event last year, and we are aiming to increase this even further during the current academic year. This outstanding level of participation reflects our commitment to inclusive sport and physical activity for all.

Our dedication has once again been recognised through the School Games Mark, with Holbrook achieving the prestigious **Platinum Award** - the highest accolade available. This is a fantastic achievement and one that reflects the enthusiasm, effort and sporting spirit shown by our pupils and staff throughout the year.

Read on to discover some of the exciting sporting opportunities, festivals and competitions that our children enjoyed last year. 🏆 ⚽ 🏀 ⛹️ 🏐

National Success in Dodgeball



One of our standout sporting achievements last year was the incredible success of our dodgeball team. Through hard work, determination and outstanding teamwork, the squad progressed through a series of regional competitions to earn a place at the **National Finals**, coming 9th overall.

We are immensely proud of the team, not only for their success on the court but also for the exemplary way they represented Holbrook throughout the competition. Their achievement has generated great excitement across the school and inspired even more children to get involved in the sport.

Building on last year's success, our dodgeball programme has expanded this year, with even more pupils taking part and three competitions already scheduled for this term. We are looking forward to seeing what the team can achieve next and, with a bit of luck, hope to make another appearance at the National Finals.

Watch this space and wish our dodgeball stars the very best of luck! 🏆 🤾 🤾

Expanding Sporting Opportunities

We are committed to ensuring that all children have the opportunity to learn from specialist coaches throughout the year. These sessions are designed to develop skills, build confidence and foster a lifelong enjoyment of physical activity. Over the past year, every class has benefited from high-quality coaching experiences across a variety of sports and activities, including:

- ⛳ Golf
- 💃 Dance
- 🧘 Yoga
- 🥍 Lacrosse
- 🏀 Basketball

These enriching experiences introduce pupils to new sports, encourage participation and help develop important life skills such as resilience, communication, teamwork and self-confidence.

We are excited to continue expanding these opportunities this year. With the support of Horsham Hockey Club, pupils have already begun taking part in hockey coaching sessions, and we are hoping to introduce rugby coaching and Pilates sessions later in the year. By working with specialist coaches and local sports clubs, we aim to inspire even more children to get active, try something new and discover a sport they love.

We look forward to seeing our pupils continue to grow, develop and thrive through the wide range of sporting opportunities on offer at Holbrook. 🏑 🏉 🏀 ⛳ 🤸 🤸



Taking Part Beyond the School Gates

We have continued to provide pupils with access to numerous **external sports festivals and competitive events** throughout the year. These opportunities have allowed children to represent the school, compete against other local schools, and experience the excitement of sporting competition in a supportive environment.

These events have included; cross country – where four children were invited to the county finals, indoor athletics, cricket, rounders, football festivals, multi-sports, hockey and many more.

Whether attending festivals focused on participation and enjoyment or competing in inter-school tournaments, our pupils have consistently demonstrated excellent sportsmanship, enthusiasm, and determination.

Investing in Sport Through Fundraising

One of the highlights of the year was our exciting **Sponsored HIIT Workout Challenge** and the opportunity to meet **Team GB athlete Luke Delahunty**.



The school was buzzing with energy as every child took part in a fun and challenging high-intensity workout. Pupils gave their all during a range of exercises, including spotty dogs, plank shoulder taps and squat jumps, with staff members enthusiastically joining in too! The atmosphere throughout the day was fantastic, with children encouraging one another and demonstrating determination, resilience and a positive attitude towards physical activity.

The key message from his visit was clear: **with determination, a positive mindset and hard work, anything is possible.** Luke also reinforced the importance of leading an active and healthy lifestyle, inspiring our pupils to believe in themselves and strive to achieve their own goals.

We were overwhelmed by the generosity of our school community and the incredible amount raised through sponsorship. Thanks to these funds, we have been able to purchase a wide range of new sporting equipment, including basketball hoops, football goals, playground equipment and much more. This fantastic investment will benefit pupils for years to come, helping us to provide engaging, inclusive and varied sporting opportunities across the school.

A huge thank you to everyone who supported this wonderful event and helped make it such a memorable and successful day! ⛹️ 🏃 🏀 ⚽ 🏆

Looking Ahead



We are extremely proud of everything our pupils have achieved last year and grateful to the staff, coaches, families, and volunteers who have supported our PE programme. From national-level competition success to introducing new sports and improving our equipment, this has been a truly memorable year.

We are pleased to have invested in new sports kit for pupils to wear when representing the school at sporting events. The kit helps our teams look smart and promotes a sense of pride when competing. We kindly ask that any kit loaned to your child is returned promptly after the event, preferably washed and ready for the next pupil to use. Please note that lost or unreturned items may need to be replaced at the family's expense.

We are currently reviewing our PE curriculum and would like to look into developing our sporting offer even further and would welcome any suggestions, which you can send to Mrs Davies deputy@holbrookprimaryschool.com

We look forward to building on these successes next year and continuing to inspire our pupils to be active, healthy, and confident through sport.

Well done to everyone who has taken part and represented our school so brilliantly this year! 🏆⛹️⚽🏀🤸