

# Activ8 Sports Report

TERMLY PHYSICAL ACTIVITY MAGAZINE

EDITION 1: AUTUMN 2022

## Looking Back to the Future

Following on from last year's report on the Cornwall School Games, it's now official: Charlestown Primary School is ranked number 1 in Cornwall for sporting success. Not only did the school achieve county champions status in football, mixed hockey, athletics, and judo but the school were multiple winners in the School Games too (across 11 sports, with golds in swimming, gymnastics, and golf). Always participating in events throughout the year, the school qualified with the biggest primary team at the School Games. In the published School Games' table, on the Active Cornwall website, the results show that not only did Charlestown finish with double the points of every other primary school (with nearly 200 competing) but incredibly the school scored more points than all the secondary schools as well! A huge achievement for all involved: pupils, parents/carers, and staff.



"I really enjoyed the day. The best part was winning! Milo (Y6) tri golf.



"Our team was determined and tried to do the best. We were an honest team," Sami (Y6) lawn bowls.



"I really enjoyed the Games. We worked well as a team and I liked winning my games," Imogen (6) tennis.



"It was fun and good to see other schools competing," Courtney (Y6) gymnastics.



"Our team was full of self-belief and we showed passion," Jessie (Y4) quad kids - athletics.



"It was challenging and the team worked really well together," Dylan (Y6) swim safe.

"I enjoyed getting the awards and working as a team," Tom (Y6) gymnastics.

"It was fun, new and really surprising," Bryher (Y3) gymnastics.

"I think it helps get people active and to try new sports," Eleanor (Y5) girls dynamo cricket.

### Cornwall School Games Finals

School	1st 🏆	2nd 🥈	3rd 🥉	4-8 Finishes	Total Points
Charlestown	3	2	1	5	59
Liskeard	2	1	2	1	54
MEA		3	2	1	38
St Breock		2	1	2	28
Fowey			3	1	23
Perran	2	1		0	23
Threemilestone		1	1	2	21
Mount Hawke	2			1	20
Archbishop Benson	1		2	0	20
St Mewan	1	1		1	19
Bishop Cornish				4	17
Bodmin	1	1		0	15
Menheniot		2		0	14
St Robert Giffenys	1		1	0	14
Rosseland	1			1	13
Mount Charles		1		2	13
St Day		1	1	1	11
Pelton		1		1	10
Redruth				2	10
Brommel	1			0	8
Launceston	1			0	8
St Merges			1	1	8
St Neven	1			0	8
St Hilary	1			0	8
Wadebridge	1			0	8
Richard Lander		1		0	7
Bethmans		1		0	7
St Columba Major		1		0	7
Newquay Tretherras			1	0	6
Truro School			1	0	6
Humphrey Davy			1	0	6
St Levan			1	0	6
St Erth			1	0	6
Newquay Junior Academy			1	0	6
Bryher				1	5
St Ives				1	4

Quad Kids Athletics – Year 3 / 4 @ Par Track: 7<sup>th</sup>



Swim Safe – Year 5 @ Polkyth Leisure Centre: 2<sup>nd</sup>



Swim Safe – Year 6 @ Polkyth Leisure Centre: 1<sup>st</sup>



Gymnastics – Year 3 / 4 @ Poltair School: 1<sup>st</sup>



Gymnastics – Year 5 / 6 @ Poltair School: 2<sup>nd</sup>



Girls Dynamo Cricket – Year 5 / 6 @ Poltair School: 3<sup>rd</sup>



Tri Golf – Year 5 / 6 @ Poltair School: 1<sup>st</sup>



Lawn Bowls – Year 5 / 6 @ St Austell Bowls Club: 8<sup>th</sup> Place

Red Tennis – Year 3 / 4 @ Poltair School: 5<sup>th</sup> Place

Orange Tennis – Year 5 / 6 @ Poltair School: 4<sup>th</sup> Place





## Outside of the Cornwall School Games



This term, at the 2022 Cornwall Coordinators' PE Conference, Charlestown Primary School was presented with the Self-Belief award.

## St Austell Hockey Club

Welcome to the fun, physical and fantastic world of hockey

Try your first  
session for  
**FREE!**

TRAINING on **FRIDAYS**  
at **CHARLESTOWN ASTRO**  
Juniors  
18:00 – 19:00



St Austell Hockey Club Contact Info.  
[staustellhc.clubbuzz.co.uk](mailto:staustellhc.clubbuzz.co.uk)

Facebook: St Austell Hockey Club

Twitter: @StAustellHockey

07963013890

[secretary.staustellhc@gmail.com](mailto:secretary.staustellhc@gmail.com)

[chair.staustellhc@gmail.com](mailto:chair.staustellhc@gmail.com)

# 2022 SPORTS CLUBS – AUTUMN

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunch</b>	Play Leaders in KS1 (Active Free Play Sports)  Cross Country Club (Y4-6)	Play Leaders in KS1 (Active Free Play Sports)	Play Leaders in KS1 (Active Free Play Sports)  Non-team Cycling (Y5&6)	Play Leaders in KS1 (Active Free Play Sports)	Play Leaders in KS1 (Active Free Play Sports)  Dodgeball (Y3-6) Mountain Bike Grass Track (Y5&6)
<b>After School (15:15-16:15/30)</b>  <b>Matches (14:30-17:00)</b>	PSSP Festival / School Games St Austell Round	Team Football (Y3-6) & Team High 5 (Y5&6) Practice  Or  Team Football (Y3-6) & Team High 5 (Y5&6) Matches	Development Football (Y5&6)  Hockey (Y3&4)  Cycling Team (Y5&6)	Rugby (Y5&6)  Girls' Football (Y3-6)  Development Football (Y3-4)	Mid Cornwall / County Finals

Year 4 Ice-skating

# Charlestown School

## Sports Calendar 2022-23

SADANFA or St Austell
School Games
Mid Cornwall (School Games)
County Finals (School Games)
NGB Qualifier
NGB County Finals / Festival
PSSP Festival
Kenwyn Learning (cycling league)

### AUTUMN TERM

Date	Sport/s	Year/s	Event	Venue	Result
Parents	Football Trials	6	District football team trials	Nannyslick	3 selected
Monday 03/10/22 VW	Rugby League 14:00 – 16:00	5 / 6	St Austell PSSP Festival	Poltair	3 <sup>rd</sup>
Tuesday 04/10/22 CB, RT, AC & SB	Football & High 5 Netball (5 teams)	3 / 4 5 / 6	1 <sup>st</sup> SADANFA large school league matches Vs St Mewan (home)	St Mewan	Football 5/6 A <b>Won</b> & B Draw Football 3/4 Lost High 5 Netball A <b>Won</b> B Lost
Monday 10/10/22 VW	K51 Multi Skills 14:00 – 16:00	2	St Austell PSSP Festival	Poltair	3 <sup>rd</sup>
Tuesday 18/10/22 CB, RT, AC & SB	Football & High 5 Netball (5 teams)	3 / 4 5 / 6	2 <sup>nd</sup> SADANFA large school league matches Vs St Stephen (away)	Charlestown	Football 5/6 A <b>Won</b> & B <b>Won</b> Football 3/4 Lost High 5 Netball A Lost & B <b>Won</b>
Friday 04/11/22 RT	Football	5 / 6	ESFA Mid Cornwall Tournament (13:30-16:30)	Biscovey	Runners Up Mid Cornwall
Monday 07/11/22 RT & SC	Swim Gala 13:30 – 15:30	5 / 6	Year 5 & 6 swimming gala	Polkath Leisure Centre	Y6 Runners Up St Austell
Friday 11/11/22 RT	Girls' Football 13:30	5 / 6	ESFA Girls Mid Cornwall Tournament	Nannyslick	<b>CHAMPIONS</b> Mid Cornwall
Monday 14/11/22 TBC	Basketball 14:00 – 16:00	3 / 4	St Austell PSSP Festival	Poltair	Mixed Schools
Tuesday 15/11/22 RT	Football	5 / 6	County Cup	Bugle	<b>Won</b> 1-4
Thursday 17/11/22 RT	Football	5 / 6 Mixed 5 / 6 Girls	County Cup County Cup	Biscovey	<b>Won</b> 4 – 0 <b>Won</b> 5 – 3
Friday 18/11/22 CB & VW	Cross Country 14:00 – 15:00	4 / 5 / 6	St Austell Race 1	Poltair	1 x <b>Gold</b> 1 x Silver 1 x Bronze
Friday 18/11/22 RT &	Girls' Football	5 / 6	ESFA Girls County Finals	Penryn College	7 <sup>th</sup> in Cornwall
Monday 21/11/22 RT	LKS2 Multi Skills 14:00 – 16:00	3 / 4	St Austell PSSP Festival	Poltair	Fun Festival – 1 <sup>st</sup>
Thursday 24/11/22 RT	Girls' Football 15:15-16:45	5 / 6	Friendly matches Vs St Dennis	Charlestown	<b>Won</b>
Monday 21/11/22 RT	LKS2 Multi Skills 14:00 – 16:00	3 / 4	St Austell PSSP Festival	Poltair	Charlestown INSET Day
Friday 25/11/22	Mixed Football	5 / 6	ESFA County Finals	Arch Bishop Benson	7 <sup>th</sup> in Cornwall
Tuesday 29/11/22 CB, RT, AC & SB	Football & High 5 Netball (5 teams)	3 / 4 5 / 6	3 <sup>rd</sup> SADANFA large school league matches Vs Sandy Hill (home)	Charlestown	Football 5/6 A Draw & B <b>Won</b> Football 3/4 <b>Won</b> High 5 Netball A Lost & B <b>Won</b>
Monday 05/12/22 VW	Xmas Festival 14:00 – 16:00	1 / 2	St Austell PSSP Festival	Poltair	Fun Festival – Mixed Schools
Thursday 07/12/22 CB	Rugby High 5	5 / 6	East & Mid Cornwall Tournaments Staff sickness meant no netball team	Bodmin	4 <sup>th</sup>
Friday 09/12/22 TBC	Cross Country 14:00 – 15:00	4 / 5 / 6	St Austell Race 2	Poltair	Y4 G 1 <sup>st</sup> Y6 G 1 <sup>st</sup> Y6 B 1 <sup>st</sup>



## Definition of Physical Education, School Sport & Physical Activity\*

*Physical Education, School Sport and Physical Activity are similar in that they all include physical movement, but there are important differences between them as outlines below:*

### Physical Education

Physical Education is the planned, progressive learning that takes place in school curriculum timetabled time and which is delivered to all pupils. This involves both 'learning to move' (i.e. becoming more physically competent) and 'moving to learn' (e.g. learning through movement, a range of skills and understandings beyond physical activity, such as co-operating with others). The context for the learning is physical activity, with children experiencing a broad range of activities, including sport and dance.



### School Sport

School Sport is the structured learning that takes place beyond the curriculum (i.e. in the extended curriculum) within school settings; this is sometimes referred to as out-of-school-hours learning. Again, the context for the learning is physical activity. The 'school sport' programme has the potential to develop and broaden the foundation learning that takes place in physical education. It also forms a vital link with 'community sport and activity'.



### Physical Activity

Physical Activity is a broad term that describes bodily movement, posture and balance. All require energy. It includes all forms of physical education, sports and dance activities. However, it is wider than this, as it also includes indoor and outdoor play, work-related activity, outdoor and adventurous activities, active travel (e.g. walking, cycling, rollerblading, scooting) and routine, habitual activities such as using the stairs, doing housework and gardening.



Extracted from APE's Health's Position Paper

**Association for Physical Education**  
www.apec.org.uk 02011-PE

# Kernow Learning

PE in Kernow Learning schools is all about developing physical literacy and a love of movement at primary level, with a focus on leadership skills, health and wellbeing. This puts Physical Education at the heart of our educational agenda – ensuring young people are well enough to learn and have developed a range of personal competencies that will help them in the classroom and beyond.

Kernow Learning Trust is keen to address the negative stereotype of PE being all about prowess in sport and rather reposition it to enhance lifelong skills.



## WINNING WAYS TO WELLBEING

**CONNECT**

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

**Give**

Your time,  
your words,  
your presence

**TAKE  
NOTICE**

REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY

**KEEP  
LEARNING**

EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF

**BE  
ACTIVE**

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD