

# St Albert's P.E NEWSLETTER

## Special points of interest:

- **Dacorum Dance Double!**
- **Football Season Report**
- **Class Sports Trips**
- **SEND Sports Opportunities**
- **Sports Ambassadors**
- **St Patrick's Day Assembly**
- **Year 4 Bikeability**
- **Outside Achievements**

"I am beyond proud of each dancer that took part in Dacorum Dance. I set my standards high as I have choreographed for St Alberts for 3 years now and had 3x 2<sup>nd</sup> places. Winning both categories has blown my mind and I want to thank the school, parents and every dancer for working as a team to achieve TWO top places. Without all of us being ONE, this would not have happened. Bring on 2024!!" Katie – [Kreative Dance Academy](#)



## *Dacorum Dance Double Victory!*

Anyone that walks through our school hall will be able to see a display of photographs showing St Albert's Dacorum Dance entries spanning back to 2011, many of which include podium finishes and even one or two first places! What made this year's Dacorum Dance special was that for the first time ever, we entered **2 teams** – one year 5 & 6 team in to the KS2 category and another year 1 & 2 team in to the KS1 category. Children from all of these classes were invited to auditions before Christmas and it was amazing to see well over 60 children try out across both entries. Once the teams had been selected, each squad spent the entire Spring term rehearsing every week after school. Well done to all of the children for their dedication and effort to help them learn their routine. A massive thank you also goes to Katie Griffin from Kreative Dance Academy who choreographed the routine and led weekly rehearsals. The theme for this year's competition was 'colours'. Our KS1 team's dance was a crazy troll party theme, and our KS2 team's dance had a slightly deeper meaning – it began with the children all dressed in black and looking the same, but ended with them expressing themselves in a variety of colours. Two contrasting dance themes, but one thing they both had in common was wonderfully choreographed routines. On the evening of the competition, the children gathered in the school hall to get ready together and also to have one final rehearsal in front of parents. There was a great buzz of anticipation in the air (and plenty of hairspray!) but the children were calm and relaxed as they all departed off to Everyone Active to meet for the competition. As the hall slowly flooded with a packed-out audience, the KS2 team found out that they were one of the first schools to perform, something which isn't always easy. Pleasingly, nerves clearly did not get to the children because they went out and absolutely nailed their performance! There was another 10 performances until our first ever KS1 dance

team had their chance to perform in front of the crowd. They were welcomed on to the stage by a huge cheer and round of applause which really helped set the tone for the next couple of minutes. As soon as the music started, the performers had the audience hooked and by the end of the performance they certainly had one of the loudest cheers of the evening (thank you parents!). After all 24 teams had performed, it was a tense wait for the judges to make their decisions. After last year's second place finish, and another year of high standard entries, we knew it would be a huge achievement just to make it on the podium in either category. As the host for the evening read the results out you could almost hear a pin drop but within seconds she had sent everyone from St Alberts to their feet in jubilant celebrations as she announced that we did not just make both podiums, but we were crowned winners of Dacorum Dance 2023 in both KS1 and KS2 categories!!! Congratulations to all of the boys and girls from both teams, you did yourselves and the whole school so proud. Lastly, one more thank you must go to Katie Griffin. Without you, we would not have had two very well organized and prepared routines, thank you and well done.



You can watch the dance display here:  
[Dacorum Dance 2023 Performances](#)

"They were all amazing! It has massively helped my daughter's confidence too. A year ago she never would have even auditioned let alone danced in front of others!" Parent of Year 6 child.





# Girls Football Team



**"I really enjoy playing football for St Alberts. It has taught me how to become a better football player and scoring was fun! I enjoy playing with my team mates, we have all had a blast!"**

**Ellie, Yr5**



It is without a doubt that England's success at last summer's Women's Euros has had a significant impact on engagement in girls football at St Alberts. Having already had a high uptake for our weekly football training sessions at lunch time, over recent months some of our year 6 girls have enjoyed getting in to football so much to the extent of finding their own club to join outside of school. It has also been fantastic welcoming so many year 5 girls to training this year, which for most was their first ever experience of playing football. From the first training session in September it was clear that we had the foundations for a very strong team this season. Dacorum School Sports Network restructured the football leagues this academic year

meaning all schools were randomly drawn in qualifier groups for the autumn term before going in to seeded leagues based on abilities for the spring term. After several friendlies and a couple of strong victories in the qualifier group, our girls team progressed through to the 'Compete' league, meaning they would be going up against the strongest girls teams in Dacorum. The girls first compete game was against Gade Valley. This was a comprehensive performance from the girls which resulted in a 5-0 victory. The next game saw the girls travel to St Cuthbert Mayne. The game was end to end and finished in a honors even 1-1 draw. The final game of the 'compete' league was certainly the toughest test that the girls had came up against so far

in the season. The game was a thrilling goal fest but sadly ended 3-2 to St Pauls. Thankfully the girls had done enough based on their first two games to qualify from the league to the knockout stages. Last week, the girls hosted Grove Road School. Despite going 2-0 down in the first half, the girls fought back with determination and scored a last minute winning goal to win 5-4. Player of the match was Sophia who netted 4 times in that game! This meant that our girls have qualified for the semi-finals of the DSSN compete league. We haven't had a football team reach the finals of the league since 2016. Best of luck to our girls in your semi-final, you have done St Alberts extremely proud whatever the outcome of your next result is!



# Boys Football Team



Similar to the girls football season, the boys team also had to play in a qualifier group throughout the Autumn Term to determine which seeded league they would progress in to. The boys were drawn against South Hill, Two Waters and Chambersbury. Across all three fixtures the boys put together some fantastic performances scoring an emphatic 22 goals! Qualifying as group winners, the boys were

then seeded in an incredibly high standard 'compete' league against some of the top teams in Dacorum. The boys opened their compete league campaign with a hard fought 2-1 victory against Hammond. Following this, the boys travelled to a very strong Bovingdon side. The boys left everything on the pitch, including some terrific defending and magnificent saves from our GK Louie-

George, we finished on the losing side. The final league fixture for the boys was a journey to play against South Hill. It was a very cagey affair and a flurry of late goals as we chased the victory resulted in South Hill winning the game. Well done to the boys for a very successful league campaign, it was a tremendous achievement to net so many goals in your qualifying group!

**"My highlight of the season was when we finished 1<sup>st</sup> in our Autumn Term league which meant we qualified for the compete league in the spring term to go up against the strongest teams in Dacorum."**

**Zac (Year 6)**



# Sports Ambassadors

**"I feel good about being a sports ambassador because it is teaching me patience, leadership and strength."**

**Jakub, Year 6.**

**"Having the Play Ambassadors on the KSI playground at lunchtime has shown the younger pupils how to take turns, play as a team, but most of all has built their confidence. The ambassadors have been brilliant, caring and have understood how to make the games fun to play! Well done everyone."**

**Mrs Allwood**

**"We learnt how to check if our bike was safe or not which was very interesting. I also enjoyed learning how to signal whilst riding my bike the most because it was new to me!"**

**Reuel, Year 4.**

As with every year, we always look to appoint a year 6 sports crew. This crew is usually led by four sports ambassadors. After a tricky selection process, our four ambassadors for this year are Elise, Freya, Ethan and Jakub. All four children attended a training day at Herts University in October and were given targets to help raise the profile of PE and sport in school. The leaders have been fantastic in supporting me with inter house PE events this year as well as promoting activity levels for our younger children by leading games and activities on our KSI playground at lunch times. Thank you guys for your dedication and time, you have been fantastic so far this year!



## Bikeability!



For the first time in many years it was very exciting that we were able to secure a slot on the highly sought after Herts 'Bikeability' training course. Similar to the traditional cycling proficiency, Bikeability Level 1 course was a 'ready for the road' style program that gave children the skills and confidence they needed to help prepare them for cycling independently on the road. Over two days at the beginning of March, the majority of our year 4 children took to the saddle and braved the cold elements to improve their cycling skills.

They really enjoyed the entirety of the course which was led by two wonderful trainers from Herts Cycling Team. Activities on day one included controlling the speed and brakes of the bike before moving on to signaling for turning. After accomplishing the first day of cycling, the children moved on to focusing on using gears in day two before playing a variety of entertaining but challenging games to develop their turning, reactions and agility to help them cycle on the road. This certainly was a rewarding course that our children got to experience and we will continue to apply for these courses in the hope that many more of our pupils will also have the opportunity to take part!



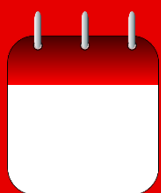


# Irish Dancing for St Patrick!



**"I really like Irish dancing because it helps me with my strength and that helps to improve my other dancing styles like Street dance. It is s fun to do and even if I don't come first place, I love competing"**

**Felicity, Yr 3**



**There will be more upcoming sports trips in the summer term for classes that have not had the opportunity to go on one yet so far this year.**

**Also, please save the date for our annual Healthy Living Week. Commencing on Monday 19<sup>th</sup> June which ends with Sports Day on Friday 23<sup>rd</sup> June.**

To celebrate Saint Patricks Day on 17<sup>th</sup> March, we held our annual celebration assembly in the hall. The children gathered to hear all about the famous patron saint of Ireland. The main feature of the assembly included several of our pupils putting on a tremendous display of Irish dancing for us all to enjoy. It was fantastic to see children from EYFS all the way up to Year 6 coming together to

join in with the famous tradition for the feast day of St Patrick. Well done to all the performers, the parents and children had a lovely time enjoying your dancing display!! Many thanks also to the parents of some of the dancers for offering their time to put the display together and leading the dancers on the day.



## Class Sports Trips



### Cross Country

Our Year 3, 4 & 6 classes enjoyed a lovely morning at Longdean school in the Autumn Term to compete in DSSN's Cross Country Competition. The children were given the option of what length race they preferred to run in and it was fantastic to see so many of our pupils challenging themselves running in the 'compete' challenge race. Well done to all of our pupils who took part in each race, you demonstrated exemplary perseverance right until the end and did St Alberts proud!



### Foot Golf

On the morning of England's opening group game in the World Cup, our year 1 class travelled to Abbots Hill School to take part in DSSN's Year 1 Foot Golf Festival. Channeling their inner Harry Kane and Beth Mead, the pupils had a great time participating in each activity. Well done to year 1!

## SEND

A group of our children from KS2 attended a fantastic SEND sports festival in November. The afternoon was action packed full of activities which were very inclusive.

## Multi-Sports

Year 2 had a great time attending the DSSN multi-sports festival this year. They had the opportunity to rotate around a carousel of activities to develop their gross motor skills. Well done to all of the children for participating!

## Tag-Rugby

In the Autumn, Year 6 went to Chaulden to play tag rugby. We were split into three teams – a, b and c. It was a full day activity and we all enjoyed it greatly playing against different schools. At the end, we were all given places in the competition. While we waited for the coach to arrived, we played a few class games. Luke Alves, Yr6

**REMINDER!**

Please ensure your child always has their full PE kit in school. It is vital that they do not miss learning through not having the correct kit.







# Outside Sporting Achievements

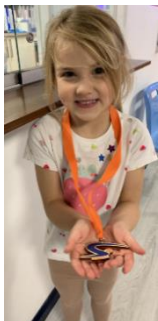


Robyn in Year 5 was placed in all rounds and finished with Gold and 1st place overall at a gymnastic competition and trialled for County Gymnastics Squad a couple of weeks ago and was selected. Congratulations on your achievement Robyn!



Congratulations to Abigail, Felicity, Isabelle and Caelan who all took part in the Kent Irish Dancing Championships on Sunday. This was Abigail's first Feis and she was awarded 3rd place in her Reel, 7th in her Award Reel and 11th in the Light Jig. Felicity won her Hop Jig to move up to the next level! Isabelle came 3rd place in her Reel and Caelan came first in his age group.

Phoebe took part in her first competition with Sapphire gymnastics. She put in a fantastic effort and was awarded first place in her category!



Congratulations to Chloe who achieved her 'Amber Award' at gymnastics.



To appear in next term's PE Newsletter please send in your child's sporting achievement to [admin@albertthegreat.Herts.sch.uk](mailto:admin@albertthegreat.Herts.sch.uk)



# Outside Sporting Achievements



Abigail (Y3) took part in the CRDM British National Irish Dancing Championships. She was awarded age 8 National Champion for her Trophy Reel and first place in her A Reel. Well done, Abigail!



Amelie and Aoife performed in their Dance showcase after passing their disco dancing exams.

Kourtney, Emerson and Savannah in Year 1 and Macie in FS2 did a fantastic job in their performance in the Wizard of OZ at Jigsaw Performing Arts School. Kourtney also received a certificate for completing her first year at Jigsaw. Well done girls!



Alice in Year 1 took part in a Santa run and raised money for the Alzheimer's charity. She won best dressed wheels for her tinsel covered scooter.

Rocco from year 4 had his first Martial Arts grading since joining in October, and were please to say he passed and gained his purple belt!



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# Outside Sporting Achievements



Mollie in Year 3 passed her Topaz level for gymnastics and completed the novice levels at sapphire gymnastics and is moving to the intermediate class.

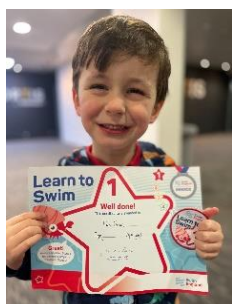


Bianca (Year 2) and Leon (FS1) have received medals for good practice in Judo. They have also received the following awards:

Leon - Spirit of Judo Award

Bianca - Primary R/U Judoka of the Year.

Christabelle with the most improved student award of taekwondo for her patterns and excellence balance.



Finn in Reception achieved his Stage 1 Swimming award today and has now moved up to Stage 2! He has worked so hard to achieve this.

Nathan Swain in Y4 took part in the Cub/Scout District Swimming Gala and came a very respectable 4th place in his individual race and helped his team come 3rd in the Cub/Scout squadron relay.



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# Outside Sporting Achievements



Jack from year 1 ran in the fun run which takes place before the Watford half marathon.



George (year 2) got a bronze medal in Judo!



Emerson and Macie competed in their first Irish dancing feis with Emerson coming first in her A reel. Well done girls!

Danica made paper butterflies to support those affected by earthquakes in Turkey and Syria. She managed to sell all of them and raise £90.00. She also achieved her Level 4 swimming award and is now working towards achieving Level 5.



Ellie, Year 5, came first place in her Dance Competition, representing Kreative Dance. Well done Ellie!

**Well done everyone!**

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