

SPORTS UPDATE

PROUD TRADITIONS

WIDE HORIZONS

HIGH ACHIEVEMENT

DECEMBER 2022

NEWS & FEATURES

YEAR 4 SWIMMING
PAGE 1

SPORT COMPETITIONS
PAGE 2

LEYTON ORIENT
PAGE 3

PE PROVISION
PAGE 4



Year 4 Swimming

This half term, Year 4 took to the London Aquatics Centre to develop their skills and confidence when swimming. The children had a fantastic time in the waters and we are hugely impressed with the children's determination and pride after their 2 week intensive programme. The purpose of the sessions were to develop the children's confidence in the water so that they may enjoy swimming and gain an important life skill. Divided into small groups, the talented team at the Aquatics Centre tailored the training for the children and, in such a small space of time, saw the children make outstanding progress with many swimming longer distances at ease.

First, the children explored breathing techniques as they swim. This supported them as they then went on to develop their technical skill in front crawl, back stroke and breast stroke. All of the children gained their momentum in the shallow waters with some challenging themselves in the deep end.

As well as increasing their experience and ability when swimming, the children learned potential life-saving skills like what to do in an emergency or if someone around them needs support and how to do this safely. Well done to all of the Year 4 swimmers!

Sport Tournaments

Congratulations to all our sports teams for their incredible performances in this half term's borough sports tournaments. We have participated in many Football and Athletics competitions against schools in Waltham Forest. With their excellent sporting skill-set, resilient attitude and commendable sportspersonship, we hope that the children feel tremendous pride, for not only representing their school, but for their unwavering commitment to sport.

So far, we have returned to school as champions in the Girls' Football, Year 3 and 4 Football and 3rd in Year 5 and 6 Football. In our Athletics competitions, the children showed incredible talent, showing true self-belief and motivation. We look forward to new tournaments in the new year with more opportunities to showcase Riverley's talents.



GST Basketball Hub Games

This year, the Griffin Primaries will be competing in a trust-wide competition in a range of sports. This half term, the Year 5 and 6 children played a fast-paced Basketball game against Willow Brook Primary and the winners of this game would advance to the finals in June 2023.

After a fantastic - and extremely close - game, Riverley were victorious! The children worked as a tight unit, showcased their brilliant dribbling and shooting skills as well as encouraging and supporting one another wonderfully. Congratulations to both teams who played honourably, respectfully and had a great afternoon of sport.



Leyton Orient

We are so pleased and appreciative of our strong partnership with Leyton Orient Football Club and all the opportunities that it brings. This half term, Year 6 have had sessions with Coach Trevor who enthusiastically supports both the children and the team, in delivering high quality PE lessons enriching their experiences and imparting his wealth of knowledge. Year 6 focused on their physical skills as well as their communication, self-motivation and team work in a range of activities, including Football and Benchball.

We would like to thank Coach Trevor for delivering these fantastic lessons alongside the team and look forward to continuing to work with Leyton Orient F.C.



PE Learning



This half term, all the children have been developing their skills in Football with Coach Kieran and the team from Leyton Orient. In celebration of the FIFA World Cup Games, the children have enjoyed playing friendly competitions at the end of the unit to demonstrate the skills they learned from dribbling, passing and shooting to teamwork, self-motivation and communication.

The children have also been learning Swimming, Dance and Hockey in their PE lessons. As a school, we focus not only on the technical skill but take pride in developing our understanding of the cognitive, social and health aspects of PE. Most importantly, the children continue to discover how transferable many skills are as they strive to be all-round sportspeople.

