

October 2025

Developing our Physical Literacy skills

At Felsted Primary School, we believe that the health and wellbeing of our pupils is of upmost importance. During their time at our school, we aim to inspire children to develop their Physical Literacy and cultivate a genuine love of movement. Through engaging activities that encourage thinking, moving, feeling, and connecting, we create a vibrant environment where every child can thrive. We encourage participation in both intra-school and inter-school competitions, enabling students to apply their skills in real-world scenarios while enhancing their teamwork abilities. By fostering collaboration, resilience, and sportsmanship, we ensure that every child not only enjoys the thrill of being active but also benefits from vital social interactions and personal growth.

Through developing our Physical Literacy skills of Thinking, Feeling, Connecting and Moving we will support our children in achieving these key aims:

Achieve personal best performances individually or as part of a team.

Develop a sense of belonging and pride as part of a team.

Host healthy competition that celebrates personal skills alongside traditional winning.

Learn how to win and lose in a graceful manner.

Utilise skills that have been acquired in PE lessons and in wider settings and putting them into practise in a competitive environment.

Develop wider personal skills such as respect and humility.

For more information about development of Physical Literacy skills, please visit our sports display in the hall corridor.

PE Ambassadors



Introducing our Year 6 Sports Ambassadors... William, Florence, Nicole and Victor.

Our Sports Ambassadors play an important role in supporting the children across the school in their PE and sporting activities. This week our Sports Ambassadors have undergone training with other Year 6 children from across the DEEP schools and Uttlesford region.

William, Florence, Victor and Nicole are starting work on creating sporting activities for the different classes to participate in. The first of these activities will take place during our whole school sports week before half term.

Keep an eye on our Sport wall of fame display in the hall corridor for updates on all our sporting events and personal achievements!

It has been a fantastic start to our sporting calendar this year. We have taken part in a range of inter-school events through the Uttlesford Schools Sport Partnership (USSP) as well as learning and developing our skills and tactics across a variety of sports. We finished this half term with our whole school sports week. A huge thank you to the parents who so kindly gave up their time to share their skills and run different sports activities for our classes. Our Year 6 PE ambassadors have also been leading sports activities across the school with all classes taking part in different challenges.

Here are some of our sporting highlights...

USSP events



Year 4 Girls Football Festival 19.9.25

Our Year 4 girls enjoyed taking part in a Football festival where they were learning some football skills and techniques. They were then mixed up with girls from other schools and played 7-a-side games.



Year 5 Girls Football Festival 19.9.25

Our Year 5 girls went to Dunmow St Mary's Primary school to take part in a Football festival. They developed their skills before trying these out in game situations.



Year 3 Dodgeball competition 26.9.25

Maple Tree class went to Felsted school to take part in a Dodgeball tournament. We had 4 teams take part in this event and are delighted to share that one of our teams took the bronze medal in the competition! We enjoyed applying the skills and techniques learned in our PE lessons to game settings when competing against other local schools.



Year 6 Dodgeball competition 3.10.25

Year 6 took part in a Dodgeball tournament at Felsted School. They have been developing their dodgeball skills in class PE lessons this half term and were excited to try them out in a competitive setting. They represented the school superbly. No medals were won, but their sportsmanship and effort were second to none!



KS2 Golf Tournament 7.10.25

3 of our KS2 children, James, Bella and Fletcher, took part in a golf tournament in Great Chesterford. Bella came first in her pair for Year 6.



KS2 Boccia and Kurling 10.10.25

4 of our KS2 children attended a Boccia and Kurling event at Dunmow St Mary's School. They had great fun taking part in these events and enjoyed representing our school!



Year 6 Tag Rugby competition 15.10.25

A team of Year 6 pupils went to Dunmow St Mary's school to take part in a Tag Rugby tournament. Fantastic teamwork, tactics and sportsmanship shown.



Year 3 Cheerleading 16.10.25

Our Year 3 class have started work on learning a routine with Coach Tamara in preparation for their cheerleading competition. All of the children worked incredibly hard to learn the new steps in their first training session.



KS2 Cross Country competition 17.10.25

34 children represented the school in this event at Great Easton Primary school. Congratulations to our Year 3 boys, Year 5 girls, Year 5 boys, Year 6 girls' teams who have qualified for the next round of the competition. Also, to William who has qualified as an individual runner in the Year 6 boys' category after taking 2nd place.

Felsted Primary Sports Week!



Year 5 netball with Mrs Rudd 20.10.25

Our Laurel Tree children enjoyed a slightly rainy netball masterclass with Mrs Rudd. They worked on shoulder passes; chest passes and bounce passes. They also enjoyed trying out their skills with targeted throws to try to score a goal in the netball hoop.



Year 4 cricket with Mr Rudd and Mr Cross 20.10.25

Elm Tree had a great cricket lesson with Mr Rudd and Mr Cross. The children worked on their throwing, catching, bowling and batting skills.



Year 3 football with Mr Roberts-Jones 21.10.25

Maple Tree enjoyed their football training session with Mr Roberts-Jones. They worked on different skills before applying these in a game setting.



Year 4 athletics with Mrs Rudd 22.10.25

Elm Tree had a fun athletics session with Mrs Rudd. Skills included learning a sprint start, standing long jump, and shot put. The class learned the skills for success, including correct body positioning and which muscles were key for each event (throwing relies heavily on the use of leg muscles).



Year 6 hockey with Mrs Hales 22.10.25

Oak tree had a superb hockey lesson with Mrs. Hales for sports week. Learning ball control skills, dribbling, passing and body positioning. Finishing off with a competition.



Year 2 hockey with Mrs Hales 22.10.25

Birch Tree enjoyed an introduction to hockey. They were learning basic ball control and dribbling techniques.



Year 5 tag rugby with Mr Roberts-Jones 23.10.25

Laurel Tree had a great Tag Rugby session with Mr Roberts-Jones. The focus of this session was on ball handling skills and implementing these skills within a game.



EYFS Teddy Bear run 24.10.25

Reception had great fun running around the hard court with their Teddies



Year 1 Teddy Bear run 24.10.25

Apple Tree enjoyed taking part in a range of different running activities with their cuddly toys.



Year 2 Teddy Bear run 24.10.25

Birch Tree had lots of fun doing athletics activities with their bears this morning. This took place on the playground rather than on the squelchy field after a wet week!



Year 6 athletics with Mrs Sumeg-Howard 24.10.25

Sports week PE ambassador activities

EYFS and Year 1 enjoyed the dot-to-dot challenge. They had 30 seconds to make as many dots as possible across the 2 whiteboards that were 1 metre apart.



Year 2 took part in a skipping challenge. They had to see how many skips they could complete, as counted by a PE ambassador, in one minute.



Year 3 and 4 worked on the 'Figure of 8' challenge. There were 2 cones 1 metre apart. The children started in the middle of the two cones and then travelled around each cone to complete a figure of 8. Their score showed how many figures of 8 they could complete in 1 minute.



Year 5 and 6 took part in the 1-minute tennis ball challenge. They threw a tennis ball at the wall with their right hand and caught it in their left hand. Then threw the ball with their left hand and caught it with their right hand. This was repeated for a minute. Their score showed the number of 'clean' throws made.



PPA PE lessons



Ollie Clark joined us as a sports coach in September 2025. He teaches PE to our EYFS and KS1 children during PPA time. When not with us at Felsted Primary, Ollie is busy working as a tennis coach in the local area. Our younger children have loved their PE lessons with Ollie so far this term. Cherry Tree have been working on developing their Fundamental Movement Skills in PE while Apple and Birch tree have been enjoying Outdoor Adventure Activities (OAA).



Introducing Tally Miles, our new sports coach, who will be joining us from October half term. Tally will be teaching PE to our KS2 children during the class teacher's PPA time. Tally loves working with young people through her sports coaching at Prestige Sports Development. She enjoys taking part in a variety of sports but her main passion is football.

Upcoming sports events

3rd November

- Whole school sports assembly (rearranged from sports week)
- Year 4 athletics training session with Mrs Sumeg-Howard

6th November

- Year 3 cheerleading session 2 with Tamara (whole class)

7th November

- Year 4 Indoor athletics (whole class)
- Year 6 Indoor athletics (whole class)

12th November

- Year 4 football tournament (1 team)

13th November

- KS1 event (1 team)
- Year 3 cheerleading session 3 with Tamara (whole class)

28th November

- KS2 Panathlon (1 team)

5th December

- Year 6 dodgeball final

12th December

- Santa Dash (whole school)