



PE, Health and School Sport at Ocean Academy



We did it again!

We have been awarded our 3rd GOLD School Games Quality Mark and it looks great in our trophy cabinet!



A lot of hard work and commitment goes in to ensuring that the quality of teaching in PE and the offer of extra-curricular opportunities at Ocean Academy is of the highest standard so it is especially nice to receive these awards as a recognition of the quality practice happening here.

Autumn Term:

Starting a new year, the beginning of this term has been very busy for Ocean Academy PE, Health and School Sport:

- We have **entered** and **organised** as many **competitions** as possible; building on last year by entering the Y5-6 cross country league and the Under 9's netball league. Thank you to all staff who have offered up their time!
- Our **squad training sessions** with Mr White are back up and running with **FIVE** on offer this year. Kwik Cricket training has been a successful addition and the children are loving it. It is also great to see the teaching staff getting involved in these squads too to support with the development of our keen sports people.



Monday	Tuesday	Wednesday	Thursday	Friday
Girls' Football	Athletics	Boys' Football	Netball	Kwik Cricket

- Remember, if you are keen to join a squad, make Mr Tharme and Mr White aware and they will keep an eye on your attitude and skill in PE lessons and during break time clubs.
- We have adapted our timetable this year to ensure that every year group has access to high quality gymnastics, games and fitness teaching all year round.
- We have continued to employ Coach James and Rippa Rugby (Coach Stu) to work with us on a Monday and Tuesday to offer lunch time activities and teach excellent PE sessions in the afternoon.
- We have introduced 'Change 4 Life' lessons for all year groups on a Friday afternoon to learn about the importance of health and wellbeing. So far we have looked at the nutritional values of different foods.
- We have appointed a 'Sports Council' who include a variety of children from different year groups to support with the leadership of PE, Health and School Sport across the school.



Thank you to everyone for your involvement in developing the PE and School Sport at Ocean. There are still lots of things that we can get better at, and these are being targeted in our action plan, but we wanted to celebrate the positives at the end of a very busy term of PE.

Mr Tharme and Mr White
Leader of PE and PE Teacher

N.B: We would also like to point you towards the Change4Life website which is full of information, games and interactive tools to help support families to build healthy and active lifestyles (<https://www.nhs.uk/change4life>)



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Autumn Term 2019 Fixtures and Results:



Date	Competition/Event	Result & Highlights	Well done to...			
			Name	/138	Name	/93
THURSDAY 19.09.2019	Y5-6 PEDSSA CROSS COUNTRY #1 CANFORD SCHOOL	Ocean Academy's first ever cross country event and team! All of the children did so well and represented themselves and their school with pride. The children had to run a mile in competition against around 100 other competitors in their age range. They were a credit to themselves and the school and looked at home despite it being our first attempt. Ocean Boys: 9th/27 schools. Ocean Girls: 11th/19 schools.	CAMERON HARLEN PATRICK OAKLEY LEWIS	11 37 55 51 81	MALI MEGAN LARA SHARON	1 74 72 54
MONDAY 23.09.2019	Y6 FOOTBALL (6-A-SIDE) BOURNEMOUTH COLLEGIATE SCHOOL	We were very excited about this tournament – the first test for a very promising football side. All of the boys in the football squad have been working relentlessly to improve their technique, teamwork and fitness and this proved to pay off in this tournament. The boys were unbeaten at this tournament and, even more impressive, showed humility and kindness in their victory. Result: Unbeaten. 1st place/16.	RYAN LEWIS HARLEN PATRICK		ZAK ALFIE JAYDEN OLI	
WEDNESDAY 25.09.2019	Y3-4 MULTISKILLS ST EDWARDS RC SCHOOL	This was an excellent opportunity for some of our pupils to experience a variety of fun games and activities to develop fundamental movement skills. The day was led by the young sports leaders of St Edward's RC school who did an excellent job of supporting the children and ensuring that they were engaged in the different games. Our children were a credit to the school and had a great time too. Non-competitive	MCKENZIE MILLIE AMELIE		KEIRAN SAFFIE	
WEDNESDAY 02.10.2019	Y3-4 FOOTBALL FRIENDLIES CARTER COMMUNITY SCHOOL	Fourteen footballers were selected from Years 3-4 to take part in this friendly event which was, for many of the pupils, a first opportunity of competitive football. The children worked exceptionally hard to develop as a team and played some great football too. It was very pleasing to see our younger pupils representing their school so well. Non-competitive	OLIVER NATHAN KIAN STANLEY LEO JAYDEN BEN		KAYDEN BOBBY TYLER LEWIS JOSHUA HAYDEN OLIVER	
FRIDAY 04.10.2019	Y6 NETBALL (5-A-SIDE) BOURNEMOUTH COLLEGIATE SCHOOL	Another tournament for us to test ourselves at, this time at a netball tournament for our older pupils against 12 schools across the county. Throughout the tournament, the children played with speed, precision and with an excellent attitude too. Not only did they win the majority of their games, but they were humble in victory and represented Ocean Academy excellently. After a hard-battled, close match in the semi-final, they unfortunately lost but were heartened by the spirit of the game. Result: 3rd place/12.	SARAH SAM GAIA ANAIS		DAISY LILY PATRICK LUCIE	
MONDAY 07.10.2019	POOLE PRIMARY LEADERSHIP ACADEMY POOLE HIGH SCHOOL	We had the opportunity to take members of our Sports Council and Sports Leaders team along to a Leadership Academy run by Poole High and their excellent team of Sports Leaders. The children were taught how to plan and lead playground games and be an effective sports leader within the school. As always, the children were a credit to themselves and Ocean Academy.	DAISY SHARON ANAIS TAYLOR LILY		MALI RYAN OAKLEY CAMERON ERIN	
WEDNESDAY 09.10.2019	Y6 BOYS FOOTBALL LEAGUE MATCH Vs HEATHERLANDS (9-A-SIDE) OCEAN ACADEMY	Our first competitive match in the PEDSSA schools league was a good first test for our developing squad. Starting well, the boys were able to dominate the game in terms of possession and play some excellent football. A few lapses in concentration and playing too close to their own goal gave away some goals; important lessons to learn for future matches. Result: Ocean 8 – 3 Heatherlands	RYAN WILLIAM MONTY STAN KIAN LEWIS		OLI HARLEN PATRICK ZAK ALFIE JAYDEN	
THURSDAY 10.10.2019	Y5-6 PEDSSA CROSS COUNTRY #2 SANDBANKS BEACH	The second event of the PEDSSA cross country league was another tough test; particularly as it was on the sand. However, the children persisted excellently and, despite the difficulty of the conditions, managed to improve on their own previous personal bests. Individual placing. Ocean Boys: 4th/28 schools. Ocean Girls: 14th/21 schools.	CAMERON HARLEN PATRICK OAKLEY LEWIS	12 9 36 63 53	MALI SHARON ANAIS KATE	4 54 93 92
WEDNESDAY 16.10.2019	Y6 BOYS FOOTBALL LEAGUE MATCH Vs HILLBOURNE (9-A-SIDE) OCEAN ACADEMY	Our second competitive match in the PEDSSA schools league started on the back foot as we let in a goal to go 0-1 down in the first few minutes. However, our reaction to this was excellent and within minutes we had pulled it back. From then on, we were able to play our game and dominate the match. Winning 2 matches from 2 played, means we have now qualified for the next stage in the competition. Result: Ocean 8 – 1 Hillbourne	RYAN WILLIAM MONTY STAN KIAN LEWIS		OLI HARLEN PATRICK ZAK ALFIE JAYDEN	
MONDAY 21.10.2019	Y5-6 GIRLS FOOTBALL LEAGUE MATCH VS BADEN POWELL OCEAN ACADEMY	Our first competitive match in the PEDSSA schools league was a tough test against a strong opposition with very good technical players. However, our training and tactical structure paid off as the girls proved too difficult to beat at the back. They took chances well and finished the game with the win. Result: Ocean 2 – 0 Baden Powell	SHIVONNE GAIA ALICE KRYSTAL KAITLIN LUCIE		ISABEL LILY MALI LARA ISABELLA ANAIS	
WEDNESDAY 23.10.2019	Y5-6 GIRLS FOOTBALL TOURNAMENT CARTER COMMUNITY SCHOOL	We were lucky enough to be able to take two strong teams to this competitive event and both teams did us proud. Playing 4 matches and facing strong opposition, both teams did so well and were competitive in all matches. Both teams developed their confidence throughout the tournament and a lot was learned from the afternoon. Ocean 1 (W/D/W/D) 1st Place & qualified for Poole finals. Ocean 2 (L/D/D/L) 3rd Place.	SHIVONNE GAIA ALICE KRYSTAL KAITLIN LUCIE BELLA		ISABEL LILY MALI LARA ISABELLA ANAIS MEGAN	
THURSDAY 24.10.2019	Y5-6 GIRLS FOOTBALL LEAGUE MATCH VS HEATHERLANDS OCEAN ACADEMY	Our second PEDSSA league match came at the end of a busy week for the girls' team but, regardless of this, they were fresh and raring to go! Roaring from the start, they managed to score some excellent goals against a resolute Heatherlands side who were strong in the tackle. Two wins out of two for the girls and a 1 st place at the tournament! Result: Ocean 5 – 0 Heatherlands	SHIVONNE GAIA ALICE KRYSTAL KAITLIN LUCIE		ISABEL LILY MALI LARA ISABELLA ANAIS	

