

PE NEWSLETTER

AUTUMN TERM

NOVEMBER 2025

SCHOOL GAMES AWARD

Sacred Heart Catholic
Primary School
2024-2025
Gold award



We are delighted to announce that we, Sacred Heart Catholic Primary school, have achieved the School Games Gold Mark Award for the 2024/25 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

This year we have organised and attended 36 sports events ensuring all children across the school have taken part. Our netball team won the plate cup, our football team won the district football and we have placed top 3 in cross country, year 2 athletics, indoor athletics hockey, gymnastics and many other events. We had an extremely successful sports week and have taken part in the "Let girls play initiative", all of the Herts and Ware sports challenges and continued our dedication to active 60 for all children.

With a total of 110 young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special thanks to:

All the PE team for all your hard work, energy, and dedication in keeping our primary school students active, healthy, and inspired every day.

We look forward to applying once again in 2026!



Our PE provision at Sacred Heart continues to go from strength to strength, with pupils embracing a wide range of sporting opportunities and representing our school with enthusiasm and pride. A great deal of time, effort and care goes into selecting children for events, ensuring that every pupil has the chance to take part in something meaningful during their time here. To keep this momentum going, we kindly ask for the continued support of our parents and carers—your involvement in events and encouragement at home plays a vital role in helping our PE programme thrive. Together, we can ensure our children enjoy rich, varied and rewarding sporting experiences."



SKIP TO BE FIT

Skipping

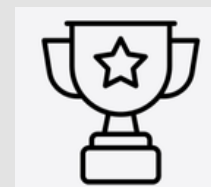
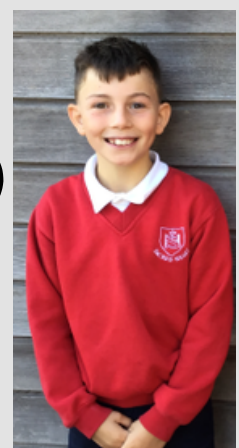
We use Skip2Bfit as a fun and active way to improve fitness for everyone. Each class takes part in a two-minute skip at least once a week, helping pupils build stamina, coordination, and confidence. To celebrate effort and progress, we give out half-termly awards for the Most Improved Skipper in the whole school, the Highest Score in the school, and the Most Improved Class. These awards help motivate pupils to keep practising, support one another, and enjoy getting fitter together.



Most improved skipper- Tara (Year 6)

Most improved class- Year 6 (+729)

Highest score in school Felix-354



NETBALL

We pride ourselves on competing in all the Herts and Ware Netball events, and we are delighted to be the reigning District Champions as well as Evans Plate Champions. Netball is a strong part of our school identity, and our teams work hard throughout the year to maintain this high standard. To help pupils continue developing their skills beyond school, we have also linked several community netball clubs that children can join, offering extra opportunities.

Hertford Hornets Netball club-



Wodson Park Netball club



Hertford Heath Rangers Netball club-



FOOTBALL

At Sacred Heart, we take great pride in our football team, competing in all fixtures and tournaments throughout the year. We are currently the District Champions, reflecting the dedication, teamwork, and determination shown by our players.

We are thankful to have Bows Soccer running sessions at lunchtime three times a week, helping to develop football skills across the whole school.

Please could you send in your child with a pair of football boots/trainers on their football day. We will be running in house football tournaments at the end of every half term!



Tuesdays	Year 1 and 2
Thursdays	Year 3 and 4
Fridays	Year 5 and 6



Bows Soccer





Running

Throughout the school year, we take part in a wide range of athletic events, including District Athletics, Sports hall Athletics, and Cross Country. These opportunities allow pupils to challenge themselves, develop new skills, and represent the school with pride. Because we participate in so many sporting activities, fitness plays a really important role in our day-to-day school life, helping pupils stay healthy, confident, and ready to perform at their best.

Participate in a local parkrun



Final message from the PE team

As we look ahead, the PE team is excited to build on the fantastic progress made this term and to continue offering engaging, inclusive and memorable sporting experiences for all our pupils. With a busy calendar of spring term events already taking shape, we can't wait to see our children showcasing their skills, teamwork and determination. Thank you for your ongoing support—together, we look forward to another successful term of sport at Sacred Heart.

Mrs Matteoni, Miss Beviss and Mrs Ryan

