



ROE FARM SPORTS NEWS!

ISSUE 7

AUTUMN TERM 2018



SHAKY START FOR YEAR 5/6 TAG RUGBY SQUAD

This years Tag Rugby season is finally on the way. Coach Woodhouse has had his troops in training from the second week back in September and the response has been phenomenal from the children. We are particularly happy with the number of girls taking part this season, all of whom are new to the game and making giant strides. The league itself has had a slow start with many schools pulling out of the division so the only fixture for Roe Farm, this side of Christmas, was against a very strong Oakwood juniors side. As per usual, both the home and away fixtures are played in the same evening so 6 league points were up for grabs. The first game was a very close affair and with neither team making any errors offensively, there was little to separate the sides. It stayed this way for the entire first game. Both team coaches and referees agreed the standard was so very high as it was called a draw at the final whistle. Each team taking a point on the league standings. The second game, however, was very different. Both teams began to show signs of fatigue which led to mistakes. It became an exciting end to end contest, with possession changing sometimes three or four times in-between a single score. The outcome was decided in the games dying moments, as the dead lock was broken by Oakwood who happened to have just that little extra energy in the tank. They took the game and indeed the 3 league points, in a 10-8 victory. More fixtures to come from this years Tag Rugby squad in the New year!



BRILLIANT BRONZE IN GYMNASTICS



The Roe Farm year 5/6 team was back in action again this term and achieved a 3rd place bronze award in the Derby SSP competition at Mickleover gymnastics club. This event is among the most popular on the sports calendar throughout the year and the standard reflects that. Coaches Mrs Claxton, Mrs Drew and Mrs Dowe have been overwhelmed with the interest this year with over 30 participants taking part in the school gymnastics club. This allowed Roe Farm to enter an A and a B team into the competition for the very first time. All the staff would like to thank all the children who took part and committed to the club, putting in timeless hours after school and in their own time within the school day. All the hard work has clearly paid off with this outstanding achievement!

HANDBALL HEROES!!

The sports co-ordinators, at Roe Farm School, are trying to diversify the opportunities available to the children year upon year. This year we entered for the first time the Derby SSP Handball competition held at Willows Sport centre early October. In a sport that we haven't had much experience in we didn't have to high expectations on the outcome. But our team showed a willingness to learn and adapted quickly to the rules and not only performed well...they went on to win the competition winning all 6 of their games on the day. The children showed a great attitude through out and were a credit to the school.

Hand ball was also played as our first inter class competition sport. We try to hold at least 3 competitions like this over the school calendar for each year group. Over the years, the rivalries between classes and teachers alike has gotten extremely competitive. Our aim is to teach our children how to deal with winning, losing and just being the perfect sportsman.





TOUGH ACT TO FOLLOW-ROE FARM FOOTBALL!

Once again the start of a new school year meant a new season of football for the Roe Farm football team. After last year's huge success of winning the league title, this season was going to be a challenge as the new format meant all League champions were drawn in the same league. Even more so as we lost 8 of the squad to Year 7, the only survivors being Finley W and Dylan M. Coach Dan Langford had to dip as far down as Year 4 for new players in a league primarily for Year 6 pupils, so everyone was aware of the battle ahead. The team welcomed new faces, Riley C (yr5), Josh F (yr5), Angus H (yr4), Villiamas S (yr4), Harvey L (yr6) and Kian B (yr6). Weather conditions, among other factors, meant that only 2 games were possible this term, both against Homefields Primary. Under the instructions of Coach, Dan Langford, to go out and play with no pressure, enjoy and express themselves, Roe Farm put in a display way beyond their years against a team of all Year 6 pupils. During the 1st game a few nerves were on show and we conceded a 2 goal lead going into half time.

After a few words of encouragement though, the second half was a great display of attacking football from Roe Farm, none more so than from attacking Wing Back and Man of the Match Dylan M, who created 2 goals, both for Josh F and drew us level in the match 2-2. Unfortunately and undeservedly, with the last kick of the game Homefields stole the win 3-2. Going into the 2nd game with renewed optimism, Roe Farm dominated from the first whistle, scoring a goal in each half from Angus H and Villiamas S and comfortably won the game 2-0, our stand in keeper Riley C putting in an excellent display to claim the Man of the Match award. So it's not until after Christmas now that the League will resume, but both Coach and players are confident that they are ready to give everything to challenge for the League once again.

EASY MEALS TO KICK START YOUR CHILDS DAY!

OVERNIGHT OATS!!!



Ingredients

for 2 servings

- ¾ cup rolled oats (65 g)
- ¾ cup milk, of your choice (160 mL)
- ½ cup vanilla greek yogurt (120 g)
- ½ teaspoon vanilla extract
- 1 teaspoon chia seed, optional
- ½ teaspoon cinnamon
- 2 teaspoons honey
- blueberry
- ¼ cup graham cracker, crushed (30 g)

Preparation

- 1 In a mason jar or sealable container, add the oats, milk, yogurt, vanilla extract, chia seeds, cinnamon, blueberries, and graham crackers, and stir together.
- 2 Seal and place in the refrigerator overnight for up to five days.
- 3 Top with additional blueberries, if desired.
- 4 Enjoy!

NOTICE TO PARENTS: PLEASE MAKE SURE YOUR CHILD HAS THEIR PE KIT!

active kids learn better

physical activity at school is a win-win for students and teachers

GRADES:



20%
more likely
to earn an A
in math or
English

STANDARDIZED TEST SCORES:



increased
6%
over
3 years

JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



13%
increase in
students'
physical activity
for the week

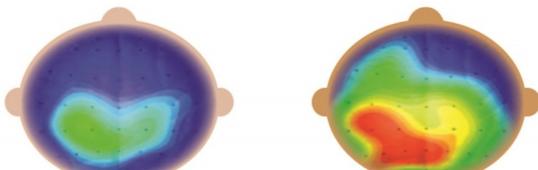


ACTIVE LIVING
RESEARCH

21% decrease
in teachers' time
managing behavior

physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:
students tested better
in reading, spelling & math
and were more likely to read
above their grade level

after being in a physically active
afterschool program for 9 months:

