



The mince pie edition!

Don't forget to get the children to move, walk, jog, run and play games over the holiday. Don't allow them to just sit in front of the tv or on computer games all day!



Friday 21st December 2018

Fly me to Beckford

A Sports Newsletter for
Beckford Primary School

Basketball extra competition

On Wednesday 21st November we took part in the CSSA basketball extra competition with the girls finishing 2nd and boys 3rd. I was really pleased with how hard both teams worked in both attack and defence through all games. Rayyan was on form scoring baskets in the boys games. Amira worked so hard for the girls team that she was unable to talk between games!



Girls and boys basketball teams pictured with the runners up trophy.

Girls Basketball team finish second in Camden!



Beckford basketball extra team

On Tuesday 20th November we took part in the Camden School games basketball tournament at Talacre sports centre. Both teams played some excellent basketball during the qualifying rounds with the girls unbeaten and the boys only losing one game. This sent both into the trophy competitions which was a step forward from last year when we lost a few games and went into the plate competition. The boys had a tough first game against the eventual winners from Holy Trinity (NW1). They lost by one basket to them in the qualifiers but in the finals couldn't keep pace with them and looked to have lost confidence when the 3rd basket went in. I think this affected them in the next two games which they lost before rallying and finishing with a draw and 2 wins placing them 5th overall out of 12 teams. The girls only lost one game to Primrose Hill who were undefeated to finish 1st. I was really pleased with the technical improvement by both teams and the girls were described as the best technical team in the tournament by one of the organisers. Primrose Hill were just a little quicker to the ball on a few occasions this time. Well done to the girls for such a well deserved 2nd place. A special mention must go to Farah for scoring lots of baskets and Junayd who received an award for his hard work and sportsmanship whilst playing for Beckford.



Louie - Year 3

Louie plays for Hampstead rugby club and currently plays Tag rugby which is a non-contact introduction to the game. I bumped into him on one sunny morning in East London where he was playing against Eton Manor and I was lucky enough to see him score a try!! He was quick footed dodging in and out of 3 players to score a cracker! Well done! It's a great sport to get involved in as kids love chasing, dodging and of course getting muddy!!!!

I play Rugby!!!



Player profile

How long have you played rugby?

2-3 years

Who is your favourite sportsman/woman?

Maro Itoje

What's the highlight of your time playing so far?

Playing games against other teams

What's your favourite healthy food?

Pasta

What's your favourite healthy drink?

Water

<http://www.hampsteadrugbyclub.co.uk>



**Hampstead
Rugby club**

**SCHOOL
GAMES**



Sport for all



Football

The Year 5/6 children have been involved in the sports for all football this term on Wednesday nights at Talacre Sport centre. The aim of these evenings is to give children a chance to experience playing football against other Schools in a very supportive environment. We've had some terrific games this year and excellent sportsman/womanship from all players involved. A special mention must go to Ishmael who whilst not playing gave a running commentary of the on field progress by Beckford players. He certainly brought a smile to my face on a number of occasions with his quick witted assessment. I wonder if we have a football commentator in the making?



Year 3/4 Camden inter-School Benchball



Year 3/4 had their first experience of playing as a team against other School teams in the CSSA benchball competition this half term. As always, we attended with the aim to play, learn and perform the best we could. I was really pleased to see how some of the children had transferred some of the skills learnt in PE to benchball and picked up some of the rules along the way. We finished 4th and 5th in both the competitions which was a great achievement and most importantly we could see how the children improved as the tournament progressed. Well done to all the children for representing Beckford with such great behaviour, commitment and pride.



Lola Year 6

Lola has played football for 2-3 years and is a member of Hampstead girls football club. She has great individual skill and is a real asset to the School football team where she is able to bring other girls into play. Her experience has helped the team to a great start in the CSSA football league this year.

I play football!



Player profile

How long have you played football?

2 years

Who is your favourite sportsman/woman?

Jordan Nobbs

What's the highlight of your time playing so far?

MVP award for Hampstead FC

What's your favourite healthy food?

Salad

What's your favourite healthy drink?

Water

<http://hampsteadfc.org>

Camden Target Sports



In November our 'Change for life' sports club attended Camden target sports event at Talacre Sports centre. The children had a great day in a friendly environment where they played lots of different target based games. It was great to see them all come back smiling and happy. The 'change for life' club takes place every Tuesday lunchtime from 12.30-1pm for a select group of pupils from years 4-6. The aim is to give the children an extra opportunity to be active and get fit in a very inclusive and supportive environment.



Intra class sports competitions

The intra-class competitions have continued this half term with some great team work from each class to get all players involved and representing their class. Each class starts with 200 points at the start of week one but loses 10 points per player who fails to compete across the two weeks of competition. They also gain 30 points for 1st, 20 points for 2nd and 10 points for 3rd place in each week of competition. As an added bonus, points are also awarded for teams who show great respect and honesty whilst playing. Unsportsman/woman like behaviour can lead to teams losing 10 points for each offence so children need to remember the importance of playing by the rules and being respectful to other players. The points are added together across the year and the winning team this year will be involved in naming the shield for their year group. The pictures below show the current leaders in all year groups apart from the year 6 Congo team where Mr Tranter got a little confused about sending me a picture of the current leaders and opted for one of him holding the shield!

Classy Congo!!!

Year 6 scores

Amazon 450

Congo 510

Nile 450



Gallant Ganges!!!

Year 5 scores

Mississippi 520

Yangtze 510

Ganges 530



Super Seine!!!

Year 4 scores

Rhine 220

Seine 240 (leaders due to most goals scored)

Danube 240



Terrific Thames!!!

Year 3 scores

Thames 250

Mersey 240

Trent 220



How much sugar is in those drinks?



I'm certain most of us have seen these images and heard the advice around not consuming these drinks, but are we listening? Not only do they have a detrimental impact on our teeth but can lead to diabetes, heart problems and obesity if consumed regularly! If you had a family member who put 9 spoons of sugar in a tea or coffee would you see that as normal? Probably not, but some of us consume drinks at least once a day with this amount of sugar!!!!



Sports fixtures

WEDNESDAY 9TH JANUARY - YEAR 5/6 SPORT FOR ALL GIRLS FOOTBALL AT TALACRE 3-5.40PM

THURSDAY 10TH JANUARY - CAMDEN YEAR 5/6 SPORTS HALL ATHLETICS CHAMPIONSHIPS AT SOMERSTOWN SPORTS CENTRE 9-3.30PM

TUESDAY 15TH JANUARY - YEAR 4-6 INCLUSIVE ATHLETICS AT TALACRE SPORTS CENTRE 9-1PM

TUESDAY 15TH JANUARY - CAMDEN YEAR 5/6 FOOTBALL LEAGUE AT TALACRE SPORTS CENTRE 3-4.30PM

WEDNESDAY 16TH JANUARY - YEAR 3 BOYS/GIRLS DODGEBALL AT TALACRE 3-5.45PM

WEDNESDAY 23RD JANUARY - YEAR 5/6 BADMINTON AT TALACRE SPORTS CENTRE 3-5.45PM.

TUESDAY 29TH JANUARY CAMDEN YEAR 5/6 FOOTBALL LEAGUE AT TALACRE SPORTS CENTRE 3-5.30PM

CAMDEN YEAR 3-4 SPORTS HALL ATHLETICS COMPETITION AT TALACRE SPORTS CENTRE 3-5.45PM

This is a provisional list which is subject to change. Selected pupils will receive a letter from Mr Purcell approximately a week before the event.

I'm still trying to give as many pupils as possible a chance to represent Beckford at Sport so please watch out for those letters in bags! I hope you all have a wonderful Christmas and New Year.

Mr Purcell