



SMC Sport Newsletter



Welcome to our first monthly newsletter.

Each month, we will keep you up to date with news and celebrating student's successes. COVID-19 has halted extra-curricular and school sport in the interim period, however we have been working hard to provide along term additional virtual offer which young people and their families can take part in outside of school hours through our work with the Hull Active Schools School Sport Partnership.



Disability Sport Yorkshire Awards

St Mary's College were shortlisted in the final three for the Disability Sport Yorkshire "School of the Year" at their Virtual Awards Evening.

Congratulations to Mrs Hookem, Mr Barnes and all the staff who contribute to the delivery of inclusion sport last year.

Girls School Football Partnership

St Mary's College have re-awarded the status of FA Girls School Football Partnership for 2020/21. We are part of a network of 153 schools nationally with this specialist status. We are supporting the FA locally to achieve the following aim of "every girl having equal access to football in school by 2024". There will be an opportunity for a group of girls in Years 8 and/or 9 to take part in a leadership programme Game of our Own. Details to follow.



HULL ACTIVE SCHOOLS VIRTUAL CHALLENGES

Hull Active Schools are running a series of virtual challenges over each half term. Students and their families are invited to take part and submit entries via e-mail: SMCSport@smchull.org. Entries will then be forwarded to Hull Active Schools and citywide virtual competitions.

Physical Activity/Active Travel

Hull Marathon

Run, walk or bike the Hull Marathon (26.2 miles) in stages either through active travel to and from school or physical activity at home. Complete the log pictured above and via a parent/carer e-mail address send it to SMCSport@smchull.org.

A certificate of participation will be e-mailed in return.

HULL ACTIVE SCHOOLS: Physical Activity Challenge!



THE HULL MARATHON CHALLENGE

The Hull Marathon is a 26.2 mile running event which takes place in our city every year. Use this recording sheet to complete the same distance 'virtually' and receive our recognition certificate when you've completed the challenge!

TRACK
YOUR
MILES



Track your progress 1/2 of a mile at a time. For every 1/2 of a mile you complete, color in 1 section of a numbered track.

When you have colored in all the icons you will have completed 26.2 miles - A HULL MARATHON!

SCHOOL NAME:

STUDENT NAME:

Community Club Links

- > Fit Mum & Friends Tues @ 5:30 pm
- > Alderman Kneesbore Park Run Sun @ 9:00 am
- > Peter Pan Park Run Sun @ 9:00 am

Individual Recording Sheet

Skills Challenge

Football Skills Challenge (Two Players)

HULL ACTIVE SCHOOLS: Virtual Skills Challenge!

FOOTBALL SKILLS CHALLENGE

How to Enter!

- Visit www.hullactive.com/health and access the school member area to submit your scores online (Username: Mark_Arridge for password)
- We encourage schools to engage parents/carers to help if at home attempts!

How to Play! - "Through the Gate"

- Set up a 'gate' using two cones or floor markers. Your gate should be:
 - Y7-9 - gate 1m wide & players 2m away from marker
 - Y10-11 - gate 75cm wide & players 2m away from marker
- Set a 60 second timer using a stopwatch or phone
- How many passes can you make between yourself and a partner in 60 seconds?**
- Playing alone? Set your markers up against a wall and count how many passes you can make against the wall between your markers.
- Players must be **at least 2 metres** from the 'GATE'

How to Score!

- Your score should be the total amount of passes you can make within 60 seconds limit!
- Ask a friend, parent, carer or teacher to score you!
- Have as many goes as you want to achieve your best score.

Equipment Needed:

- Football
- 2 x cones/markers
- Stopwatch
- Measuring tape

TOP TIP: Try to be on your toes ready to receive the ball. Try to get your body in line with the ball. Try to push and direct the ball with the inside of your foot.

Set up a "gate" using two markers, jumpers. Years 7-9 make the gate 1m wide with players 2m away from either side of the gate. Years 10-11 make the gate 0.75m wide with players 2m away from either side of the gate.

Complete as many passes through the gate in 60 seconds.

Parents/carers must submit the following information via e-mail: SMCSport@smchull.org

- Name of Students
- Year Groups
- Passes completed

Please demonstrate the School Games Value of Honesty when completing the challenge and the number of passes completed accurately.



Inclusion Challenge

Boccia Challenge

Set up seven targets to represent the colours of the rainbow. Player has seven attempts to land a boccia ball or pair of socks on each target (A4 size sheet of paper). Try to hit or land a ball or pair of socks on each coloured target. Complete the challenge in order- RED, ORANGE, YELLOW, GREEN, BLUE, INDIGO AND PURPLE TARGETS SHOULD BE AT LEAST 1.5M AWAY FROM THE PLAYER IN THE MIDDLE CALCULATE YOUR SCORE USING THE SCORING SYSTEM SHOWN

HULL ACTIVE SCHOOLS: Virtual Skills Challenge!

BOCCIA SKILL CHALLENGE

How to Enter!

- Register your school on www.hullactive.com/games (Contact Alex Sherwood if you need to reset your school login credentials)
- Why not engage with Parents/Carers by setting this challenge as an 'At Home' task - parents can submit their own child's scores!

How to Play 'RAINBOW TARGETS'

- Set up 7 targets, to represent each colour of the rainbow
- Player has 7 attempts / throws
- Try to hit or land on as many of the targets as possible in the correct order starting with the RED target, then ORANGE, YELLOW, GREEN, BLUE, INDIGO and finish with PURPLE
- Targets should be placed at least 1.5 away from the player in the middle - use a measuring tape

How to Score!

- RED - 1 POINT
- ORANGE - 2 POINTS
- YELLOW - 3 POINTS
- GREEN - 4 POINTS
- BLUE - 5 POINTS
- INDIGO - 6 POINTS
- PURPLE - 7 POINTS

Add up the total of points you manage to hit - 28 points is the TOP score!

Upload results on www.hullactive.com/games

Equipment Needed:

- Boccia Balls or Socks
- Floor markers or coloured paper
- Measuring Tape!

TOP TIP: You can throw, kick, roll or use a ramp to play! If you don't have Boccia Balls, rolled up socks are perfect to play with.

Parents/carers must submit the following information via e-mail: SMCSport@smchull.org

- Name of Students
- Year Groups
- Passes completed

Please demonstrate the School Games Value of Honesty when completing the challenge and the number of passes completed accurately.





Photography Competition



We are inviting students to take and submit photographs taken during community sport (eg football) or physical activity (eg running, cycling, walking) during Autumn Term 1.

Students will require consent from any person in the photograph. If the person is under 16, it will require the consent of their parent/carer. In addition, please provide a brief description of the story behind the photograph. We are judging the quality of the photograph.

Please e-mail entries with the name of the student who took the photograph and the Hull Active Schools Parental Consent Letter to SMCSport@smchull.org We will be submitting entries to the citywide competition. Age group winners will receive a framed version of their photograph to proudly display back in school and the photos will be used in future Hull Active Schools promotional material! Please note that all St Mary's College Safeguarding procedures and protocols will be applied to this competition.



Competition Rules

Only one photograph or image should be submitted to SMC Sport per student. All photographs and subjects within the photograph should have suitable written consent to be included from parents/carers.

Please download the Hull Active Schools Parental Consent Form and attach with your submission.

Parental Consent Letter:

https://docs.google.com/document/d/1SdFhc1YcJQb7WJ-92_AAq0KzADQ1CPBa--RwWhEVfw8/edit

Deadline:

Entries **MUST** be made by Wednesday 21st October 2020 to be considered. This is a strict deadline as we will need to judge all entries and then forward our winners to the Hull Active Schools Photography competition.

School Games Values Competition- Determination

We are seeking nominations for students demonstrating DETERMINATION during Autumn Term 1 within a community sport (e.g. football) or physical activity setting (e.g. walking, running, cycling).

DEADLINE: All nominations to be submitted online by Wednesday 23rd October 2020.

St Mary's College will be selecting a DETERMINATION School Games Value Award Winner for all year groups we receive entries in. Every nomination will be recognised through a virtual certificate, social media 'shout-out' and thank you letter.

Exceptional nominations will be awarded a Hull Active Schools medal.

Parents/carers must submit a description of what their son or daughter has done to demonstrate "DETERMINATION" the following information via e-mail to:

SMCSport@smchull.org

*"Determination is about the journey you go on to push yourself
and achieve your dreams.*

*Have the mental strength and self-discipline to overcome obstacles, commit to
your goals and keep working every day to become the very best you can be.*

Don't hold back."



We would like to hear from you and celebrate your success!



It is always a challenge to keep up with the outstanding achievements which St Mary's College students achieve in community sport and recreation.

If your son or daughter achieves something individually or as part of a team or completes a challenge such as a long distance cycle ride or walk at the weekend or during a half term holiday, we would like to hear from you.

Please e-mail SMCSport@smchull.org and we will celebrate their achievement via our social media channels.



SM6 Academies of Sport



ST MARY'S SIXTH FORM COLLEGE

The SM6 Academies of Sport have returned to training this week with an outstanding uptake from Year 12 & 13 students; over 180 students registered to participate in football, rugby league, netball, badminton and basketball.

Our Sports Enrichment Officer, Mr Ezard is delighted with such an outstanding response and we look forward to welcoming students back to training this week.



Training sessions will take place after college from 3.45pm-4.45pm with COVID-19 protocols and procedures being rigorously applied.

Due to National Governing Body of Sport guidelines, Year 12 & 13 students will need to book their place on a Friday evening for the following week due to restricted numbers at present for each activity.

Book on and don't miss out!