



Newsletter

Dear Parents and Carers,

Despite a wet and cold winter, Upland School pupils were still able to participate in a number of sporting competitions. Now we are heading into the summer term and the evenings are lighter, there will be even more opportunity to enjoy after school sports clubs.

News of fixtures:

The boys B team kick started 2018 in style! They played 3 matches at Goals drawing 3-3 with Rockliffe Manor and winning against Upton 5-0 and Barnehurst 3-0. It was an impressive first team performance from the boys.

On Thursday 1st February the boys A team travelled to St. Fidelis, to play the first-round tie in the Stuart Turpin cup. On a small pitch the boys never really got going in the first half and found themselves 4-0 down at half time. During the second half the boys gave their all but couldn't turn the game around. The game ended 6-0 to St Fidelis.

The Upland girls' team secured their second win of the school year beating Rockliffe Manor 2-0 at Goals. The team looked very well organised and created lots of chances in the first half. The team lead 2-0 at half time. Upland continued to press in the second half but couldn't add to their lead. Full time score Upland 2-0 Rockliffe Manor. Well done girls!



A big well done to all the children who took part in the Change4Life Festival. The children had a lot of fun practising different skills and were excellent representatives of the school.

Next up was handball. I picked eight Year 6 children who travelled to Goals in Bexleyheath to take part in the festival. The majority of the children hadn't played handball before but got to grips with the game very quickly. The team had lots of fun and learnt to play a new sport.

Congratulations on winning the teamwork award!

Congratulations to the seven KS2 children who competed at Bexley's annual Cross-Country Competition at Hurstmere. I selected four children from years 3 and 4 who ran 800 metres and three children from years 5 and 6 who ran 1500 metres. They all gave 100% and showed great resilience to keep going when the race got tough. Upland finished 18th of out of 30 schools and received the determination award.

Unfortunately, I had to cancel both boys and girl's football games during the last two weeks of term. These games will be rescheduled in the summer term.

The 'UP' Cup

On Wednesday 21st March the year 5 football team travelled to Upton to compete for the 'UP' cup. The first half was a very entertaining game of football, the boys played some wonderful football and took their chances in front of goal. The team raced into a 3-1 lead at half time. Upton pulled a goal back mid-way through the second half, but the boys defended brilliantly and held on to win 3-2 and bring the cup back to Upland.



PE in school this term

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Individual ball skills. Throwing, catching and aiming games with a partner.	Ball skills – bouncing, kicking and throwing. Gymnastics.	Ball skills – small sided team games. Multi sports.	Benchball. Dance.	Invasion games. Gymnastics. Swimming.	Basketball. Health and fitness. Swimming	Basketball. Dance.

Summary

Another really positive term for sport. The overall levels in PE have improved which is really pleasing for me to see. The number of children attending afterschool clubs is fantastic and shows how many children love to be active.

The summer term will bring a very busy schedule with quad kids, cricket and football being among the many competitions we have entered. Thank you to the parents for their continued support in getting all the children to fixtures and competitions.

Coach Jack