

West Park Academy Sports Newsletter

September 2018– July 2019



Please look at the wonderful achievements from all children throughout the school term.

All staff would like to say a huge well done and thank you to every child, teacher, parent and helper who has made these events possible.

We believe in offering every child the opportunity to participate in sport. In addition to our extensive PE curriculum there have been a large number of free After School Clubs which cover a wide variety of sports e.g.

- Football
- Street Dance
- Multi - sports
- Energy Club
- Netball

and many more.

These clubs have been attended by over 2,100 children.

One night each week has also been set aside to allow any children competing in an upcoming event to train and prepare for it

Play Leaders

Year 6 children were given the opportunity to apply to become a sports Play Leader. Eleven children, who were selected from these applications, attended a training day where they all successfully passed the course.

Our Play Leaders have been active during lunchtimes to support the younger children with various activities. Play Leaders have also been given the opportunity to support the younger children at events and festivals throughout the year.

Morning Exercise

Throughout the year, all children took part in a morning Wake and Shake session to music. This is not only designed to encourage the children to be active but to allow them to let off a bit of steam before lessons. They love it!

In addition to this, each class have been participating in the Daily Mile incentive where they jog or run for 15 minutes with their teachers every day.

As well as this, our children have experienced mindfulness and yoga sessions within their classroom. The children use these sessions to prepare themselves mentally and physically for the day ahead. During lessons, children also take part in 'brain break' activities. These are short bursts of exercise which have been proven to improve the children focus and concentration levels.

Autumn Term

Tag Rugby

On 11th October, 19 children from Years 5 & 6 were given the opportunity to compete in the Darlington Tag Rugby tournament held at Mowden Park. All children received training prior to this to prepare them for the challenges ahead. Well done to all involved as they championed through the tournament showing an amazing level skill and sportsmanship!

Cross Country Competition

On 4th October, 32 children from West Park Academy took part in the Darlington Schools Cross Country competition. All the children represented the school and themselves to an extremely high standard and the spirit shown by all the participants was tremendous. All who took part showed a remarkable level of grit and determination when running distances of up to 2500m.



Basketball Festival



On 29th November, 8 Year 6 children enjoyed a trip to Wyvern Academy where they were given a chance to show off their basketball skills. 7 other Darlington schools took part in this event and we were skillful enough to win the majority of our matches. Well done West Park!

In addition to this, on 26th January **Miss Coates** led our Year 5&6 Basketball team to the Education Village where they played competitive matches' against other schools from Darlington.

Inclusive Ten-pin Bowling Competition



On 5th October, **Mr Eeles** accompanied 6 children to the inter-schools inclusive Ten Pin Bowling competition. The children enjoyed an action packed morning of bowling and had a wonderful time.

Spring Term

Basketball

Our children were lucky enough to be given another opportunity to show off their basketball skills during the School Games Basketball tournament where they played their socks off. Well done to all involved!

Mini Tennis Festival



On 5th February, 8 children were selected from Year 3 to take part in the Darlington Schools Tennis Festival where they battled their way all the way through to the final. **Mrs Black** ensured that the children were prepared for this by teaching the necessary skills during PE lessons. **Mrs Gayles** accompanied the children to the event where they made themselves and West Park Academy very proud. Well done all!

Dodgeball

On 18th January, 7 children were lucky enough to be given the chance to compete in the Darlington School's Dodgeball Tournament. The children had an absolutely fantastic time competing against schools from all over Darlington.

Robinwood

From 7th – 9th January, 86 children from Y5 & 6 travelled to Alston where they took part in 3 days worth of outdoor adventurous activities. During this time many of them were pushed out of their comfort zones but all were successful in having an amazing time with their peers and teachers.

Swimming Gala



On 4th March, 25 children from Year 4, 5 & 6 competed in Darlington's Annual Swimming Gala. The children displayed a remarkable level of talent this year which enabled them to perform to such a high standard. Well done to all the children who took part and a huge thank you to our staff who helped support our children on the run up to this event!

Dance Festival

On 12th March, 8 children from Year 5&6 took part in Darlington's Annual Dance Festival held at Darlington Hippodrome. The children choreographed and performed a street dance to a piece of music called Huarja by Incantation. This took a lot of courage as the children had to perform to an audience of almost 200 people. Well done Year 5&6 and thanks goes to **Miss Pattinson** who supported them on their journey.



Netball



Children from Year 5&6 have had the opportunity to train alongside **Miss Coates, Miss Deighton, Mrs Dowson & Mrs Fenwick** every Thursday after school where they really had a chance to develop their skills and form into a formidable team.

The children were selected to play in the Netball League Matches over 2 days at Longfield Academy. During the league the children competed to such a high standard allowing them to achieved 3rd place. Well done fantastic team work!

Summer Term

Year 3&4 Quadkids

On 7th May, 34 children from Year 3&4 were given the opportunity to take part in the Annual Quadkids Athletics held at Eastbourne Sports Complex and organised by Darlington School Games. The children enjoyed a full day of athletics events. Well done to all for doing so well!

Athletics

On 4th June, 20 children had the opportunity to compete in the Darlington Athletics Track and Field competition held at Eastbourne Sports Complex. Throughout the day they competed in events ranging from howler throw and long jump to 80 metre sprints to 600 metre long distance running. It was our most improved year for Athletics as the children came home with 11 medals in total. On the success of this, **Frankie** and **Alfie** were chosen to represent Darlington in the Tees Valley Athletics Finals. Fantastic effort!

Year 6 Leavers Bike Ride

Intrepid pupils hit top gear as they set off for a cycling adventure to mark their last couple of weeks in primary school. Year 6 leavers at West Park Academy put the wheels in motion for a bike ride to Archers Ice Cream Parlour to enjoy a celebratory ice cream.



West Park Academy's Games Day

Children from Reception to Year 6 took to the field to enjoy various activities including:

- Yoga
- Multi Games
- Team Building

The children had a fantastic time and were awarded with an ice lolly. Well done West Park!



Gymnastics



17 children from Year 2-6 competed in the Darlington Primary Gymnastic Competition held in June at the Education Village. In preparation for this event, the children attended training with **Miss Deighton** and **Mrs Black** on a Wednesday evening where they rehearsed floor and vault routines. All children performed to an exceptionally high standard and thoroughly enjoyed the experience.

Gymnastics Finals

Huge well done to the children who got through to the Gymnastics Finals at Hurworth. They all came home with a medal. Brilliant!

Year 5&6 Cricket

Throughout May, children were selected from Year 6 to compete in the Darlington Schools cricket competition. What a fantastic series of events where our children showed off their superb skills which enabled them to come 4th.

Well done!



Year 5 Mixed Cricket

On 10th June, 10 children were also chosen to compete in the Year 5 Darlington Schools Cricket Tournament. Well done to all children who competed for showing off the skills that they been taught. A great day was had by all!

Football



Year 1&2 children took part in after school football club throughout this school year. They have learnt basic football skills and took part in small matches.

Children from Year 3,4,5 & 6 also took part in after school football club training on a Friday night to help them develop their football skills.

In May and June, selected children from Year 5/6 competed in a Boys and Girls Football League. All children shown fantastic team work and team spirit. Well done everyone who took part!