

# West Park Academy

## Sports Newsletter

### March 2017 – July 2017



We believe in offering every child the opportunity to participate in sport, as well as taking part in a variety of units of work focussing on a range of sporting activities.

Alongside this there have been a number of free After School Clubs which covered a wide variety of sports including:

- Football
- Street Dance
- Cross Country
- Energy Club
- Netball

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

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

All staff would like to say a huge well done to every child!

#### Morning Exercise

During the summer months, 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!

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.

#### Play Leaders

Year 5 children were given the opportunity to apply to become a sports Play Leader. Ten children, who were selected from these applications, attended a training day where they all successfully passed the course.

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

### Swimming Gala



On 23<sup>rd</sup> March, children from Year 5&6 competed in Darlington's Annual Swimming Gala. The children displayed a remarkable level of talent this year which enabled them successfully secure a place in the Tees Valley Swimming Finals. Well done to all the children who took part and a huge thank you to **Ms Asbury** who helped support our children on the run up to this event!



### Netball

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

The children went on to successfully compete in 4 matches which resulted in them being selected to play in Darlington School's Annual Tournament. During the tournament the children competed to such a high standard allowing them to achieved 3<sup>rd</sup> place. Well done!

**A HUGE THANK YOU TO MISS COATES AND MISS DEIGHTON FOR THEIR DEDICATION THIS YEAR.**

### Dance Festival

On 28<sup>th</sup> March, 14 children from Year 3 took part in Darlington's Annual Dance Festival held at the Dolphin Centre. The children created and performed a dance based on their topic at the time which was 'Light It Up'. This took a lot of courage as the children had to perform to an audience of almost 200 people. Well done Year 3 and thanks goes to **Miss Sullivan** and **Mrs Siddique** who supported them on their journey.

### Tees Valley Cross Country



A massive congratulations go to **Tia Clapham** who qualified to compete in the Tees Valley Cross Country Championships in March. We are so proud of Tia who has shown an outstanding level of grit and determination which brought her home with a bronze medal. Well done Tia!

### Football



On 31<sup>st</sup> March, 9 Year 4 children were selected to play football in the Lee Stephenson Cup. The boys worked hard together as a team showing skill beyond their years and came home with a silver medal.

Boys from Year 5&6 took part in Darlington Schools Football Competition were they played unbelievably well, scoring their way into the semi-finals. After a heart stopping second half our children came home proud as punch having achieved 4<sup>th</sup> place out of 20 schools.

The girls did not let the side down either and after competing in the Darlington Girls Football Competition, came an amazing 3<sup>rd</sup> place. Well done and congratulations to all!

**BIG THANKS TO BRAD AND MARTIN FROM MARTIN GRAY AND MRS WRANGHAM FOR ALL THEIR SUPPORT THIS YEAR.**

### Cricket Competition



Boys and girls from Year 6 took part in 2 separate events held at Darlington Cricket Club. Prior to this event, the children had been training weekly alongside Mrs Black in preparation.

Both teams competed to an extremely high standard showing a great understanding of the rules surrounding the game and both teams came 3<sup>rd</sup> in their tournaments. Well done to all the children involved.

### Gymnastics



17 children from Year 2-6 competed in the Darlington Primary Gymnastic Competition held on Wednesday 14<sup>th</sup> June at the Education Village. In preparation for this event, the children attended training with 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. Two of our pupils, Amy Clark & Leah Storey even managed to cartwheel their way into the Tees Valley Final where they did themselves and us very proud.

### Quadkids

Children from Year 2,3&4 have been lucky enough to participate in Darlington's QuadKids Athletics where they took part in a multitude of events. The children really displayed a superb level of teamwork skills and thoroughly enjoyed the experience.

### Bikeability Plus Ride



Intrepid pupils hit top gear as they set off for a cycling adventure to mark their final week in primary school. Year 6 leavers at West Park Academy put the wheels in motion for a 12 mile bike ride along Darlington's cycle paths before enjoying a celebratory picnic in the town's South Park.

### West Park Academy's Games Day



All children from Reception to Year 6 didn't let the rain dampen their spirits as they took to the field to enjoy various activities including:

- Dress Up Relay
- Parachute Games
- Shark Attack
- Pass Pass Shoot
- Tag Rugby
- Dodgeball

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

