

West Park Academy

Sports Newsletter

September 2017 – July 2018



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

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

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
- Fitness First
- 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 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 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

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!

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.

Autumn Term

Tag Rugby

In October, children from Years 3,4,5 & 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 to the semi-finals.

Cross Country Competition

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.

Outdoor Adventurous Activities

On 16th October, 10 children from Year 6 were given the opportunity to go hill walking up Roseberry Topping with **Mrs Hirst** and **Mrs Graham**. The children displayed determination and resilience as they dug deep to make it to the summit. Well done to all involved!

Robinwood

In December, 60 children from Year 5 and 6 were taken to Robinwood to experience 3 days' worth of adventurous and problem solving activities. During their time here, the children took part in 15 different activities ranging from climbing to archery to canoeing. A fabulous time was had by all and amazing memories were made!

Den Building

On 7th December, those children who did not attend Robinwood were given the opportunity to build shelters from certain materials provided to them. **Mrs Atkins** ensured that all children had a wonderful time finishing off the day with a mug of hot chocolate.



Basketball Festival



On 30th November, 12 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 skilful enough to come 3rd. 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 Multi Sports Festival

On 17th October, **Mr Eeles** accompanied 10 children to the inter-schools inclusive sports festival. The children enjoyed a full day of multi skilled activities and had a wonderful time.

Spring Term

Mini Tennis Festival

On 6th February, 10 children were selected from Year 3 to take part in the Darlington Schools Tennis Festival. **Mrs Black** ensured that the children were prepared for this by teaching the necessary skills during PE lessons. **Mrs Siddique** accompanied the children to the event where they made themselves and West Park Academy very proud. Well done Year 3!

Year 4 Tennis



On Tuesday 20th February, due to their success from last year, 8 children from Year 4 succeeded in being selected to compete as finalist in the Darlington Primary School Games. Well done to the team for coming 3rd and bouncing home with a bronze medal!

Swimming Gala



On 5th March, 24 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 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!

The Finals

On 14th March, **Miss Coates** took 9 children through to the Swimming Gala Finals which were held at the Dolphin Centre. What an amazing effort by all children involved, allowing us to splash home with bronze, silver and gold medals. A huge congratulations to all competitors!

Dance Festival

On 19th March, 8 children from Year 5&6 took part in Darlington's Annual Dance Festival held at the Dolphin Centre. The children choreographed and performed a street dance to Neyo's song 'Closer'. 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 **Mrs Black** who supported them on their journey.

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 a formidable team.

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

Charity Run

On Wednesday 28th March, we held a one mile whole school charity run to raise money for The Scanner Appeal at Darlington Memorial Hospital. A huge thank you to everybody who donated towards this local cause and to all children who ran their hearts out!

We raised a grand total of £1480.92!

Table Top Games Event

On 21st February, 9 children were selected to attend the table top and target games event held at Durham University. The children enjoyed a full day of multi-skilled activities and thoroughly enjoyed each and every minute.

Summer Term

Year 3&4 Quadkids

On 9th May 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 and getting through to the finals where they sprinted to victory!

Athletics

On 7th June, 24 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, **Pheobe Lewis** and **Alfie Rickard** were chosen to represent Darlington in the Tees Valley Athletics Finals. Both children brought tears to our eyes by coming home with a bronze medal each. Fantastic!

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 **Miss Stead** on a Wednesday evening where they rehearsed floor and vault routines. All children performed to an exceptionally high standard and thoroughly enjoyed the experience. Congratulations to our Year 1&2 children who managed to cartwheel their way into the Tees Valley Final where they done themselves and us very proud coming home with Bronze medal. Also, a huge well done to our Year 5&6 children who made it through to the final and went on to win a gold medal. **Chloe Young** from Year 6 also competed in the individual event where she successfully secured a place in the final. Congratulations to the whole team!

Year 5&6 Cricket

On Wednesday 23rd May, children were selected from Year 6 to compete in the Darlington Schools cricket competition. What a fantastic day where our children showed off their superb skills which enabled them to come 4th. Well done!



Year 5 Mixed Cricket

On 11th June, 8 children were 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. Each week 2 children have also had the chance to take home the School Football Trophy.

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

In February, selected children from Year 5/6 competed in a Football Cup at Eastbourne Sports Complex. Both boys and girls team came 3rd in their group stages. Selected Year 5/6 children also completed in a Boys Football Plate at Eastbourne Sports Complex. Well done everyone who took part!