

# West Park Academy Sports Newsletter

## September 2016 – February 2017



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

Alongside this, there are a number of free After School Clubs covering a wide variety of sports including:

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

One night each week is 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 first half of the school year.

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

### Play Leaders

Ten Play Leaders from Year 6 were selected from applications at the start of the year. These children have gone on to achieve a nationally recognised award in Sports Leadership.

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

### Morning Exercise

During the summer months, all children take 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 time to let off a bit of steam before lessons. They love it!

During the winter months when the weather turns, our children have been enjoying morning Yoga and Mindfulness sessions in their classrooms. This allows the children time to prepare for the day ahead.



### Tag Rugby Competition

On Tuesday 18<sup>th</sup> October, 24 Year 5 and 6 children proudly represented West Park Academy in the Cluster TAG Rugby tournament held at Mowden Park Rugby Ground. We were fortunate to be able to take three teams to the competition and played against six other teams from across Darlington.

Every team played their very best, communicating well, supporting each other and showing incredible spirit as they played each match.

As the teams were split into two groups, our final placing were 3<sup>rd</sup> and 4<sup>th</sup> in Group 1 and 3<sup>rd</sup> place in Group 2, a result every child should be proud of.

### Sports for Schools Athlete Event

On Tuesday 4<sup>th</sup> October children from Reception to Year 6 took part in a Sports for School sponsored Athletics Event.

We were extremely excited to be joined by a three times Olympian and twice Olympic finalist in the Long Jump, **Chris Tomlinson**. Chris joined us for 'Wake and Shake' before our sponsored event began. Every child from Reception to Year 6 participated in a four part circuit. Chris was amazed by our children and staff's enthusiasm to participate.

Chris then led an assembly where he explained what it meant to him to be an athlete and how he got to the position he is in today. He also challenged us to find our own West Park Long Jump Champion! **Dominic Stacey, Jonny Heeley, Imogen Filder-Moore and Oye Bentil** eagerly put themselves forward with **Oye Bentil** launching herself into first position!

The children raised an outstanding total of **£1695** which will be going towards new sports equipment for the school.

### Gymnastics Tees Valley Key Steps Competition

West Park Academy were fortunate enough to qualify for the Tees Valley Key Steps Gymnastics Final. On Wednesday 30<sup>th</sup> November 15 children from Years 2 to 6 went to Middlesbrough College to compete in the Key Steps Gymnastics Final. The children had prepared for the competition through an after school club ran by Mrs Black and Mrs Fenwick where the children had to memorise a floor routine and bench/vault sequence.

Every child worked incredibly hard to perfect their routines and the team support for each other at the competition was fantastic. The competition was incredibly tough and every school performed to an incredibly high standard, including West Park. Our Key Step One team came 11<sup>th</sup>, our Key Step Two team came 10<sup>th</sup> and our Key Step Three team came 7<sup>th</sup>. A huge congratulations to everyone involved.



### Cross Country Competition

West Park Academy took 29 children from Years 3 to 6 to Eastbourne Sports Complex to take part in the annual cross country competition.

Once we registered, Year 3 and 4 boys and girls were first to compete. They were taken to a warm up area then escorted to the start line. This was done with every year group.

Each group had a different distance:

**Year 3 & 4 – 1600m**

**Year 5 – 1800m**

**Year 6 – 2100m**

The children were really nervous but excited! They supported each other fantastically, cheering on their team mates as well as children from other schools as they crossed the course.



### **Darlington Schools Basketball Tournament**

On 5<sup>th</sup> December, 14 children from Year 6 went along to DSMS to compete in the Darlington School's Basketball Tournament. The children had been training for 4 weeks in preparation for this event, where they gave up their own time after school to work on improving their skills and to gel as a team.

On the day, all children displayed a remarkable level of expertise, demonstrating all the skills practised and showing a good understanding of the rules of the game. As a result of their hard work, we managed to reach the semi-finals where we were narrowly beaten by another school.

Following on from this, 7 Year 6 pupils were selected to compete in the Darlington Schools Annual Basketball Tournament, held at The Education Village, where they were put to the test. All pupils had given up their own time to train for this event and it really showed in the level of skill displayed in this competition.

The sportsmanship displayed by our students at this event was second to none and I know that the staff who accompanied them could not have been prouder of the attitudes shown that day.

### **Inclusive Table Top Sporting Event**

Eleven children were chosen to take part in an 'Inclusive School Sports Festival' on 19<sup>th</sup> October. The day consisted of different activities that the children hadn't participated in before.

The children were given the opportunity to try Boccia, Kurling as well as multi-skill games which were designed to improve their throwing and aiming skills.

The last activity was wheelchair basketball where the children were given the chance to experience what it would be like to be restricted to a wheelchair whilst playing the game.

Overall it was an excellent day that the children thoroughly enjoyed.

### **What's next?**

Moving forward after the holidays we are looking forward to hosting our whole school Race for Life event, details of this will follow.

As well as this some of our Year 3 children are participating in the Dance Festival in March. Also in March we have been invited to compete in the Darlington Schools Annual Swimming Gala. Following on from this, our Netball team will be competing in Darlington Schools Netball Tournament in April.

Lots to look forward to!

### **Reception – Year 6 Welly Walk**



During the last week in December 2016, children from Reception to Year 6 attended an assembly outlining the importance of outdoor play and activity.

All children took part in an organised welly walk to West Park where they were encouraged to understand the importance of dressing appropriately in warm weather clothing during the winter months.

### **Football**



Year 4, 5 and 6 have had the opportunity to compete in Darlington Schools Football Tournaments throughout the month of February.

Year 4 and Year 6 worked hard to claim a fantastic 3<sup>rd</sup> place while Year 5 powered through to 2<sup>nd</sup> place. We are immensely proud of each and every child who gave their all throughout these tournaments.

### **Tennis**



Some children were selected from Year 3 to compete in the Annual Darlington Mini-Tennis Competition held at the Dolphin Centre. These children performed to such a high standard and came in 1<sup>st</sup> position allowing them through to the finals.

Due to the fact that our Year 4 team got through to the finals last year, they were invited to compete in a Year 4 Tennis final alongside other schools in Darlington.