

# West Park Academy Sports Newsletter

## September 2022 – July 2023



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

**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
- Energy Club
- Netball

and many more.

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

We are delighted that we at West Park Academy have achieved the School Games Gold Mark Award for the 2022/23 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

With hundreds of young people competing in local inter-school competitions this year, we are extremely proud of our pupils for their dedication to all aspects of school sport, including those young volunteers, leaders and officials who made our competitions possible.

A special thanks to:

Mrs Black for organising and all the staff and parents for accompanying our children to these events.

### 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

On 4<sup>th</sup> October, 30 children were selected to compete against other schools from Darlington in the recent tournament. The children had been training, in school, on the lead up to this event, and did themselves and staff incredibly proud on the day. Within each match, the children applied the skills practised in lessons to make themselves a force to be reckoned with on the pitch. Their ability shone through in each game as they managed to get all the way through to the finals held on 13<sup>th</sup> October.

The finals went exceptionally well and even though we didn't receive any medals from this event, the children came home winners in all our eyes for their determination, positive attitude and willingness to never give up – well done Y5!!

## Sports Leadership Training – Play Makers Award

On 10<sup>th</sup> October, our 15 Play Leaders travelled to Eastbourne Sports Complex to receive their training on how to become effective sports leaders in our school. The children took part in a range of activities which taught them how to lead games at lunchtimes and playtimes. In addition to this, they studied different methods used to group children as well as offering lots of fresh ideas to motivate our pupils into physical activity.

Our Play Leaders have since, put their training into practise and it is great to see the children running and leading games for the younger children in school. On Friday's assembly, our Leaders also present certificates for those pupils who have shown an outstanding quality when taking part in their games.

## Ten Pin Bowling

In November our Hub children took part in a 10-pin bowling event at the Dolphin Centre. The children came back buzzing from their day.

## Tag Rugby Skills Festival

On 18<sup>th</sup> October, children from Y4 participated in a tag rugby festival where they took part in a variety of activities with a focus on improving their tag rugby skill set. The event was held at Darlington Rugby Club and all children showed a remarkable level of skill throughout each activity. It was also brilliant to see the children demonstrating outstanding teamwork in each game by working together, taking turns and being respectful at all times to their own peers and the other teams – well done Y4!!

## Taskivator Day

On 22<sup>nd</sup> November, Darlington Move More team came to school to run a Taskivator Day with children from Y3-Y6. The activities were developed in order to promote problem solving and team-work skills. The children were given a range of resources and asked to complete challenges with them. What an impressive imagination our children showed as they created their own courses and worked with their peers to overcome each challenge.

## Inclusive Multi Sports Festival

On 22<sup>nd</sup> September, 30 children from Y2 travelled to Eastbourne Sports Complex to take part in a variety of games designed to develop their physical fitness and to encourage their sense of determination. The children fully entered into the spirit of these games by working well within their teams to complete challenges and races, they really did themselves and staff proud – well done Y2!!

# Spring Term

## Tennis



On 26<sup>th</sup> January, 8 children from Y3 took part in the inter school's tennis festival where they were given the opportunity to put their skills learnt in lessons into practise. They thoroughly enjoyed showing off their talents in a carousel of tennis related activities and comments from other schools praised our children on their competency.

Well done Y3!!

## Girl's Football

27<sup>th</sup> January, 12 girls honed their football skills. This gave girls who had not had the opportunity to play competitively a place to develop their game. The girls loved it and many went on to want to play it more regularly.

## Futsal

16<sup>th</sup> February, 8 children took part in an event run by students at QE. This was a 5 a-side football competition and was an opportunity for children to meet A-level students and use the facilities at QE sixth-form College. We came away a very respectable 2<sup>nd</sup>.



## Girl's Football Cup

2<sup>nd</sup> March. An opportunity for our great Girl's Football Team to play competitively against teams across the town. The same groups of girls went on to complete football league matches after school and finally went on to win as champions of the League - What an achievement!

## Netball



29<sup>th</sup> March and 16<sup>th</sup> May, league matches played against other teams across the town. It was a fiercely fought competition. The team has trained each week and developed excellent skills and a fierce competitive streak. WPA Netball Team came 3<sup>rd</sup> overall in the league! Huge congratulations to all involved.

## Dance Festival

28<sup>th</sup> March- Performing on the stage of the Hippodrome, children from Year 4-6 did an amazing job of entertaining a jam-packed theatre with their space inspired dance routine. The final moves brought the house down. Well done to all involved.

## Boys Open Football

23<sup>rd</sup> March an open football competition for boys who didn't always have the opportunity to represent the school. This event allowed boys to play against teams from across the town and develop their skills.

# Summer Term

## Netball Festival

20<sup>th</sup> April - 11 children had the opportunity of learning netball skills and developing a love of the game. The emphasis was on enjoyment and taking part, designed specifically for those who are not on the school team but want to give it a go!

## Outdoor Adventurous Teambuilding

25<sup>th</sup> April, 30 children from Year 3 had the opportunity to develop their teambuilding skills through a range of opportunities and challenges. Well done Year 3 for the way you worked together.

## Cricket Festival

Howzat! On the 17<sup>th</sup> May, 20 children represented WPA at a fantastic cricket tournament hosted by Darlington Cricket Club. The children had a great time and did amazingly, showcasing their skills to all in the town's home of cricket.



## Colour Run

28<sup>th</sup> April - What a fantastic day for the whole school! All children took part in an endurance event with fun and rainbows thrown in. We can only imagine the state of bathrooms as children attempted to wash off the colour.

## Aqua-Splash

15<sup>th</sup> June, a chance for children who are less confident in water to develop their water skills and confidence through a variety of swimming events.



## St Augustine's Shield

Wednesday 28<sup>th</sup> June, 10 children took part in a mixed football competition against football teams across the town. The children won all the matches except 1 and came 4<sup>th</sup> overall. A good day was had by all.

## Target Festival

30 children from year 4 took part in a festival designed to improve their throwing skills. It was led by sports leaders from St Aidan's and children had the opportunity to take part in various target games.

## West Park Academy's Games Day



14<sup>th</sup> and 17<sup>th</sup> of July saw our annual Games Day events with children taking part in a full day of sporting activities. From gymnastics to air hockey, golf to dodgeball, children got active and tried new sports. Thank you, Mrs Black, for organising.

Throughout the year we have run after-school clubs. There have been 16 different types of club on offer, each running for approximately 6 weeks, with nearly 300 children attending at least one. This has been a huge achievement and one of which we are very proud.

## Year 6 Leavers Bike Ride

On Monday 17<sup>th</sup> July, the sun shone on our Yr 6 children as they set off on their ride to Archers Ice Cream Parlour. Though the hills on the way there caused them to dig deep in order to climb to the top, they were the same hills they enjoyed speeding down on the way home.

Well done to all children for riding so safely and a huge thank you to Wheel Education for their leadership and organisation.

