

PRIMARY SPORT NEWSLETTER

SUMMER 2019



The summer term is a fantastic term for getting physically active as we enjoy the warm weather and light nights. However it is also a term that can be stressful for many of our pupils as they embark on their SATs exams. While many children feel unaffected by the tests, a survey of 1,200 teachers by [the Key](#), a national school support service, found that in general cases of stress, anxiety and panic attacks had increased in more than three-quarters (78%) of primary schools over the past two years. In addition school leaders reported an increase in fear of academic failure (76%) and depression (55%) amongst their pupils since 2014. These feelings impact the brains ability to process information. The result, is a detrimental effect on exam performance and, more importantly, physical and mental wellbeing. This is where physical activity comes in. Exercise boosts the body's production of serotonin and dopamine which are the chemicals which make us feel happier. Children or grown-ups having a difficult time should try to get out in the fresh air and do some physical activity - it may make them feel much better which will help deal with any negative emotions that they may be experiencing.

Kate Wood- P.E, School Sport and Well Being Coordinator

PAT GAMES YEAR 3/4 TAG RUGBY

Our first PAT Games of the summer term kicked off with the Year 3/4 Tag Rugby Tournament. This was an opportunity for many pupils to represent their school for the first time in a competition so the stakes were high. With The Rookeries' solid form in previous competitions they seemed to be the team that everyone wanted to beat, however Mr McMahon didn't allow the pressure to get to them and held a strong Carleton Park team to a draw in the first round. As the competition went on teams started to find their form, with strong breaks being made towards the try line. Halfpenny Lane had worked hard towards this competition and this was reflected in their performance. They were unbeaten throughout the tournament and scored a total of 16 tries. Well done to Miss Wilkinson and Miss Keith for their rigorous training programme that saw the team to victory! I look forward to seeing them progress into the School Games competitions next year.

Results

1st- Halfpenny lane
2nd- Carleton Park
3rd- The Rookeries





INCLUSIVE MULTI SPORT FESTIVAL

De Lacy pupils had a fantastic opportunity to attend a Multi Sports Festival hosted by School Games and Yorkshire Sport. During the day they tried their hand at:

- New Age Curling
- Boccia
- Tennis
- Hockey
- Sitting Volleyball

The pupils embraced each activity, particularly the tennis, and were a credit to the school. They made sure they took turns, were polite to pupils from other schools and showed great competitive spirit. They enjoyed playing against lots of different schools from across West Yorkshire. When the scores were counted up after five events the boys' team ended up with a bronze medal! A great achievement! Hopefully this will have inspired the pupils to take part in sporting and physical activity on a regular basis.



DAILY MILE

LAUNCH

We welcomed Shania Boom from Yorkshire Sport to De Lacy, Larks Hill and Carleton Park. She led an assembly that explained the numerous benefits of the daily mile for example:

- increased stamina
- better sleep
- sharper thinking
- stress relief
- a more efficient heart

Pupils are encouraged to run at their own pace for as long as they can. They will find that the more often they do this, the further they can get. It is fully inclusive. Every pupil in the school can succeed as the only person they are competing against is themselves.

Our overall aim is that all of our pupils leave primary school able to run a full mile. This will prepare them for continued PE and school sport at secondary school. It will also encourage them to lead a physically active lifestyle.

"I like doing the run a lot. Everyone has fun chatting and barely realises how many laps they've done. You get lots of fresh air and get healthier at the same time."



YEAR 6 END OF SATS CELEBRATION

In order to celebrate the end of the SATs tests all Year 6 pupils were invited to Carleton High School to take part in a fun football tournament. It is important to recognise the link between physical activity and good mental health, and so it was a great way for pupils to have fun and let off steam after SATs week.

Many teams had been training hard and it was Larks Hill and Orchard Head that hit the ground running with a win. Larks Hill continued this form throughout and were unbeaten to be crowned champions. Miss Howard has put herself forward as 'Manager of the Year' in the 2018/19 season!

The boys' competition wasn't as clear cut. Many of the games resulted in a draw or a win only coming in the final play of the game. The Young Leaders from Carleton High School needed to be on their guard to make the correct decisions in high pressure situations. Orchard Head were the eventual winners even though they had been held to a couple of draws by The Rookeries and Carleton Park. The final positions were as follows:

Girls Competition

- 1st- Larks Hill 20 points
- 2nd- Orchard Head 1- 12 points (6 goals for)
- 3rd- Carleton Park 12 points (5 goals for)
- 4th- Orchard Head 2- 10 points
- 5th- The Rookeries 6 points

Boys Competition

- 1st- Orchard Head 1- 24 points
- 2nd- Carleton Park 2- 20 points (9 goals for)
- 3rd- Carleton Park 1- 20 points (8 goals for)
- 4th- The Rookeries 1- 16 points (9 goals for)
- 5th- Larks Hill 16 points (7 goals for)
- 6th- Orchard Head 2- 14 points
- 7th- The Rookeries 2 - 12 points



KS1 MULTI SKILLS FESTIVAL

Year 1 and 2 pupils from Carleton Park, De Lacy and Larks Hill attended a Multi Skills Festival at Martin Frobisher School in Altofts. They took part in activities that practiced their movement, throwing, catching and hand eye coordination. Teams scored points each time they completed the movement. Miss Worsnop had clearly been practicing hard with her class as they came away with a silver medal; a fantastic achievement - well done to them.



SPORTS LEADERS

Pupils from Larks Hill and Carleton Park were selected to complete the 'Playmakers Award'. The Playmakers Award is a nationally recognised Sports Leaders UK Award. Pupils are provided with basic leadership skills that allows them to boost their confidence, improve attainment and help promote healthy lifestyles. The award is a great development programme for increasing confidence in young learners and giving them vital skills to help future development and transition into secondary school. They learnt about how to apply the PACE principal to a session they are running (Participants, Area, Communication and Equipment) through lots of practical activities and games.

The leaders will use this qualification to help run inter-house competitions within their schools, but also assist with the running of the PAT Games events.

PAT GAMES Y5/6 CRICKET

All six primary schools entered a team into the extremely competitive PAT cricket competition. This was umpired fantastically by the leadership students at New College Pontefract who did a great job to ensure the competition ran smoothly. Staff had clearly been working hard during lesson time and after school to ensure all their pupils were well practiced in both batting and fielding. Stakes were high as the top two teams would be going on to represent the PAT in the School Games competition. Each school played 4 matches and the results are as follows-

1st- Halfpenny Lane

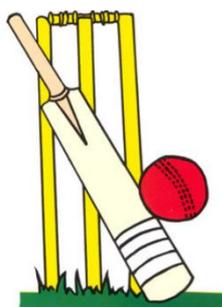
2nd- Larks Hill

3rd- The Rookeries

4th- De Lacy

5th- Orchard Head

6th- Carleton Park



STAFF TRAINING

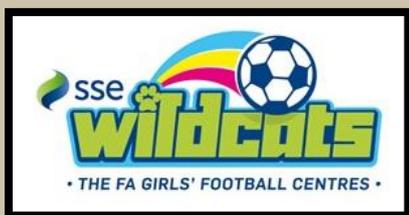


Staff from Carleton Park, The Rookeries, Larks Hill and Halfpenny Lane have taken part in staff training to improve their delivery of physical education within school. They had a go at forward rolls, headstands, handstands and even some group balances! Fingers crossed that pupils will see the benefits in their lessons and try out lots of new activities.

KEY STEPS GYMNASTICS



Pupils from Carleton Park, De Lacy and Larks Hill took part in the Key Steps Gymnastics competition held at De Lacy Academy. Pupils performed floor routines, body management routines and vaults in front of the judges. This was a very nerve-wracking experience for many of the pupils and they showed fantastic resilience and controlled their nerves well in order to perform to their best ability. De Lacy came away with the best result and you could see how hard the pupils had been working on perfecting their routines. This was the first time many of our pupils had performed on their own in a competition and they did themselves proud. We look forward to building on the success and popularity of gymnastics within our Trust primary schools in order to get more pupils involved in school sport and physical activity.



SSE WILDCATS FOOTBALL

SSE Wildcats football centres offer girls aged 5-11 a chance to try football for the first time and provide regular opportunities to play. Sessions take place on a weekly basis, after school, and are focussed on helping girls make friends, have fun and be active through football. All six primary schools are Wildcats Football Centres and with the success of the England Women's football team at the World Cup we are hoping lots of girls are inspired to get involved.



- Five reasons to become a wildcat:
- 1) You make lots of new friends
 - 2) It's a lot of fun
 - 3) You will learn lots of new skills
 - 4) You get fitter and stronger
 - 5) You will do better at school

MINI OLYMPICS



On a rare day of summer sun, pupils from Halfpenny Lane, De Lacy and Carleton Park travelled to Thornes Park for the Mini Olympics. There were 15 schools and they had been assigned a country that they were representing. The first part of the day was a range of athletic skills that included, turbo javelin, mini hurdles and long jump with pupils scoring points on each activity. Pupils then took part in a parade where points were awarded for how well they represented their country - De Lacy looked fantastic in their togas!

The afternoon session was where the competition "hotted up". It was time for the relays - 4 girls and 4 boys in each team had to work together to get the baton round safely for 1 lap. Being British I was expecting to see batons flying out of people's hands and being strewn across the track as this seems to happen with some top level athletes on the world stage – but not the Trust teams! They all managed a safe transfer, earning solid points for their teams.

Following this was the mini marathon. This involved a 600m run in the sweltering heat. Many pupils did not take this into account and set off at a quick pace. However, they could not maintain this and unfortunately, we didn't see any of the Trust schools medal in this event.

The final opportunity to score points for the team was put onto the shoulders of the staff. Mr Beevers from De Lacy and Mr Camm from Halfpenny Lane stepped up to the mark for their teams. It was an extremely close race, Mr Beevers could have been mistaken for Usain Bolt at one point, however, he could not maintain this and was pipped at the line!

Once all of the scores were added up the final positions were:

- Carleton Park- 5th
- De Lacy- 8th
- Halfpenny Lane- 13th

Well done to everyone involved. It was a great day and we look forward to building on this next year.

SCHOOL GAMES MARK

A massive congratulations to Carleton Park who have achieved the Bronze School Games Mark. This is awarded to schools that:

- Provide all their pupils with 2 hours of physical activity, and school sport per week.
- Have at least 20% of pupils engaged in extracurricular activities.
- Have at least 5% of pupils leading and officiating school sport.

A massive thanks to Miss Worsnop who has worked extremely hard to ensure Carleton Park achieved this. I look forward to seeing them build upon this next year.





PAT QUADKIDS ATHLETICS

The KS2 pupils took part in an athletics Quadkids competition. Teams were made up of 4 girls and 4 boys who took part in 4 activities. This included a 50/75m sprint, standing long jump, 400m/600m and vortex throw. Pupils were awarded points for how well they did on each activity. The Young Leaders from The King's School were fantastic at leading the events and helping the competitors out, particularly as many pupils had never attended an event like this before.

Everyone really enjoyed themselves in the sunshine and embraced the different challenges each activity brought. The long-distance run was most definitely the biggest challenge for most pupils. Hopefully it is something they can practice over the summer in time for cross country season!

After the 4 events had been completed the competition came to a climax with everyone's favourite event- The Relay. All 8 pupils ran 50m each of the 400m track clutching the baton. There were no calamities with the baton and all teams managed to get it safely around the track. However, the team from The Rookeries in the Year 3/4 event came out on top and Larks Hill in the Year 5/6 race which secured them both the top prize in their respective competitions.

There were some amazing individual performances across the board, however, the final team results were as follows:

Year 3/4

1st- The Rookeries- 1157 points
2nd- Larks Hill- 1123
3rd- Carleton Park- 1078
4th- Orchard Head- 1044
5th- De Lacy- 916

Year 5/6

1st- Larks Hill- 1354
2nd- Carleton Park- 1295
3rd- De Lacy- 1172
4th- Orchard Head- 1139
5th- The Rookeries- 1114
6th- Halfpenny Lane- 1081

PAT ROUNDERS TOURNAMENTS

The primary schools gathered to play in the ultimate summer competition - rounders. In its most basic format, hit the ball as far as possible and run. However, with the glory of being crowned champions on the line, the teachers suddenly turned into master tacticians of the game!

In the Year 5/6 competition Larks Hill were first to arrive and they had their eyes on the prize from the off. Miss Howard managed to fit in a quick training session to ensure all pupils were physically and mentally prepared for what was ahead. Year 7 and Year 9 pupils from Carleton High were commanding the matches and ensuring all pupils were developing their understanding of the game. The games were generally pretty close, however, Larks Hill were the ultimate Champions. They won all their games and scored a total of 26 rounders across the competition. Well done to everyone involved - the practice paid off!

The Year 3/4 event was a great opportunity for the younger pupils to not only practice their rounders skills, but develop a greater understanding of how to play the game. The leaders from Carleton High School were superb at helping the players to understand the rules and also assist them with tactics. Larks Hill got off to a flying start scoring 10 rounders in their first game. After a close first game with Halfpenny Lane, The Rookeries found form and dominated throughout. With some inspired coaching from Mr Bowman they won every match and scored a total of 27 ½ rounders. A fantastic effort.



Year 5/6 Results

- 1st- Larks Hill
- 2nd- Halfpenny Lane
- 3rd- Carleton Park
- 4th- The Rookeries
- 5th- De Lacy

Year 3/4 Results

- 1st- The Rookeries
- 2nd- Carleton Park
- 3rd- Larks Hill
- 4th- Halfpenny Lane
- 5th- De Lacy
- 6th- Orchard Head



ULTIMATE SPORTING CHAMPIONS

Across the year our 6 primary schools have taken part in a number of PAT Games events. We have had hundreds of pupils across the year groups taking part in a range of activities; from Sports Hall Athletics to Tag Rugby. The results from each have been added together to award a school with the title of 'Ultimate Sporting Champions'. It was an extremely close competition and there was only one point in between 1st and 2nd. The results are as follows:

1st- The Rookeries- 44 points

2nd- Larks Hill- 43 points

3rd- Carleton Park- 34 points.



Massive congratulations to all the pupils who competed for The Rookeries and the staff, particularly Mr McMahon, for making sure the Rookeries attended all the events and were well prepared for competitions. I am looking forward to seeing lots more pupils and staff get involved in the PAT games next academic year and continue the Trust sporting success at both local and regional level.

PAT SPORTS DAYS

LARKS HILL



CARLETON PARK



Carleton Park enjoyed a fantastic fun filled sports day this half term. The event showcased some brilliant talent and included our first long distance run which all children took part in. Sport leaders from Carleton High School came along and we could not have run the event without their helping hands. Every child showed resilience, determination and support for others in their houses. The winning house was the yellow house who won with a total of 81 points, followed closely behind by the red house with 79.

Miss Worsnop

THE ROOKERIES



ORCHARD HEAD

All pupils from Reception to Year 6 took part in the personal challenge of Sports Day. First, we started with a carousel of 'field' events with the standing long jump, the javelin and the shot put. The children demonstrated the skills they have learnt and practiced in PE lessons extremely well. They then all took turns to compete in the sprint races. This showed the children's determination and resilience.

Next, the children competed in a 4x 50m relay around the track. They demonstrated outstanding team work skills in this event.

Finally it was time for the long distance run, which was very similar to the Daily Mile course, but with an added lap of the track to finish. By now the sun was beating down, making running conditions very difficult but the children used their determination, resilience and sportsmanship to get across the finish line.

In the end, all points were added up to show that the most points were awarded to Fire, although it was much closer this year than in previous years.

The highlight of the day was the spectacular sportsmanship and respect the whole of the Year 6 cohort showed when running alongside a Year 3 child with physical difficulties digging deep to complete their long distance run. The cheers from the crowd and children as they crossed the finish line was amazing.

Mrs Shute

DE LACY



HALFPENNY LANE

