

# PRIMARY SPORT NEWSLETTER

EASTER 2019



Dear Parents/ Carers,

Welcome to the first Pontefract Academies Trust Sport Newsletter; a termly insight into PE and school sport across our six primary schools. It has never been more important for us to encourage children to be physically active. The benefits it has on their physical, mental and social wellbeing are undeniable. It is recommended that children aged 5-18 have at least 60 minutes of physical activity a day, with school being responsible for 30 of those. We are doing this in a number of ways across our six schools; active lessons, daily mile, active travel, extracurricular clubs, active break times and raising the quality of PE lessons through planning and training for staff. We have also increased the number of opportunities pupils have to take part in competitive sport through the 'PAT Games'. This allows pupils across the six schools to play against each other in a range of sports and physical activities, for example, high 5 netball, multi skills and tag rugby, and is a fantastic progression into the school games competitions.

If your child has not yet had the opportunity to represent the school then keep an eye out for the many sporting events taking place in the summer term. I look forward to seeing lots of new faces getting involved. Thank you for your support.

*Kate Wood - P.E, School Sport and Wellbeing Coordinator*

Our first ever PAT Games was a Year 5/6 high 5 netball competition played at The King's School. Although hoping for the unseasonably good weather to continue, we were met with a torrential downpour. However, this did not dampen spirits and we moved the competition indoors.

All six of our primary schools were represented and we had young leaders from both The King's School and New College, Pontefract, helping to run the event. Without which it would not have been possible to run these events so a massive thank you to them.

Competition levels were high and team managers were working hard to ensure their teams were performing as effectively as possible. All competitors worked extremely hard in the group stages but it was De Lacy Primary School and The Rookeries J, I & N School that battled through to the final.

The final began cautiously with both teams having a number of half chances, however, neither team managed to break through the deadlock. After 9 minutes and the score still at 0-0 the competition went to 4 minutes of 'golden goal'. You could see the beads of sweat dripping from Mr Duncan's brow as the pressure rose. After 2 minutes of golden goal The Rookeries' captain took the opportunity of an open goal and sealed the victory. Congratulations to The Rookeries who went on to represent the Trust at the 5 towns competition.

## PAT GAMES HIGH 5 NETBALL



# SPORT FOR CHAMPIONS

at Larks Hill J & I School



Pupils at Larks Hill J & I School did some fundraising to help support injured athletes' rehabilitation. (£1033 in total!). In order to celebrate this they were rewarded with a visit from GB athlete Matt Lee. Everyone had a go at doing a fitness circuit, including Miss Howard, which included lots of different activities. Pupils from Reception up to Year 6 worked extremely hard. Matt was very impressed with their work rate and commitment to a healthy active lifestyle.

Everyone then got the chance to hear about Matt's career and learn about the Decathlon which is 10 athletic events spread across 2 days of competition. The pupils at Larks Hill found the day thoroughly enjoyable and inspiring and had lots of questions to ask Matt at the end of the day. Hopefully it will inspire the pupils to continue their own healthy active lifestyles and some may even go on to represent Team GB themselves! A great day all round.

## PAT GAMES KEY STAGE 1 MULTI SKILLS

Key Stage 1 pupils from the six primary schools gathered at New College, Pontefract, for a multi skills festival. The young leaders from New College ran the event, which included a whole host of important skills to prepare pupils for a life involved in sport and physical activity. Pupils practiced their throwing, catching, dribbling, running and jumping skills so I look forward to seeing them in action at competitions in the future!

Competition was not the focus of the festival, so, the young leaders were asked to nominate a school that encompassed the 'spirit of the games'. This was looking for a school that showed respect, determination, honesty, passion, self-belief and team work. They decided to award this to The Rookeries. A massive well done to them! We look forward to our next Key Stage 1 multi skills festival in the summer term where hopefully we can go outside and enjoy some lovely weather.



# INTERNATIONAL WOMENS DAY

at Larks Hill J & I School

The Year 4 girls from Larks Hill took part in a tennis fun day run by Ackworth School. This involved lots of fun activities to encourage girls to get involved with tennis. In true Wimbledon style the weather got the better of them and it had to be cut short due to torrential rain, however, this did not dampen the girls' spirit and they had a great afternoon.



## PAT GAMES BENCHBALL

Year 3 and 4 pupils from the Trust primary schools gathered at The King's School to take part in a Benchball tournament. The competition was fierce and goals were a plenty. Pupils were encouraged to practice their passing, receiving and movement skills in order that they can progress into High 5 netball in the coming years. The young leaders from The King's School were fantastic at running the event and brilliant role models to the younger pupils.

Results were as follows:-

- 1st- The Rookeries J, I & N School
- 2nd- Halfpenny Lane J, I & N School
- 3rd- Orchard Head J, I & N School

Player of the tournament went to Ollie from De Lacy Primary School.

Well done to everyone that took part.



## PONTEFRACT JUNIOR PARK RUN

All Trust schools welcomed Peter Ward from Wakefield Metropolitan District Council into their assemblies to talk about health, wellbeing and specifically how pupils can get themselves involved in the Junior Park Run. This is a fantastic opportunity for pupils, along with their families, to get out in the fresh air and tick off some of their recommended '60 active minutes' per day. Many pupils have embraced the challenge, in particular, those from Orchard Head who have regularly had 30 pupils taking part! This is a fantastic achievement and I hope more pupils across the Trust get involved, particularly as we move towards the summer term.



# ORCHARD HEAD'S SPORTING OPPORTUNITIES

Orchard Head J, I & N School are really enjoying the PAT Games competitions. The children have shown enthusiasm for learning new skills and sports, and have represented the school magnificently. As part of our commitment to sport, an assembly was led by Premier Sport who are currently delivering sport lessons to the children. Premier Sport informed the children that they will be running an Easter Sport Camp at The Glasshoughton Centre for a week from Monday 8th April. There will be a variety of events spread over a week including both sport and arts and crafts. Many of our children are looking forward to continuing to develop their skills over the Easter period.

We will also be launching our Sport Leaders Award and look forward to appointing our first Year 5 Sport Leaders for the Summer Term.



## INTER-HOUSE FOOTBALL – LARKS HILL

Year 3 and 4 enjoyed their inter-house football tournament this term.

Around 40 girls and boys were involved and the Year 6 young leaders led the event. All showed fantastic sportsmanship and respect throughout and there were even skills that Cristiano Ronaldo would have been proud of!

It was a closely fought competition but Eagles were the overall winners. Well done to everyone involved!



## SCHOOL GAMES YEARS 5/6 TAG RUGBY FESTIVAL

32 primaries from the 5 towns gathered at Castleford R.U.F.C. to compete in one of the biggest school games competitions of the year. Five of the Trust schools took part on a glorious spring day.

The Trust schools had a tough start, coming up against well organised opponents; Carleton Park J & I School lost their first game by only one try. However, as the day went on, confidence levels increased and teams started to work together to find form. Carleton Park, Larks Hill and Orchard Head all finished second in their group which took them into the runners up competition for the afternoon session.

The afternoon's games allowed the teams to develop their confidence and saw a much stronger defensive line, making it difficult for the opposition to find a way through. De Lacy and The Rookeries showed fantastic determination and scored some impressive tries across the afternoon.

Orchard Head and Carleton Park had an incredibly competitive game to round off the day. It was extremely closely fought with Carleton Park being one try up at half time. Mr Ayre gave a rousing half time team talk which kept Orchard Head's sublime passing skills at bay and allowed them to see out the game with a 5-4 win.

Seeing the children embracing the spirit of the competition and most importantly having fun was the main aim of the day. The festival was played with such enthusiasm, determination and energy. Well done to everyone that took part.

# THE ROOKERIES REPRESENTING AT THE SCHOOL GAMES



After winning the Trust High 5s netball festival, The Rookeries went on to the next round of competition - the School Games. The Rookeries had five matches to play against schools across the Pontefract and Castleford District. The campaign started on a high with a phenomenal 8-0 win against Moorthorpe, however, game 2 proved to be a little trickier with a 2-2 draw against Ash Grove. Game 3 was against tournament favourites St Ignatius. The Rookeries struggled to get past an organised defence and the final score was 3-2 to the eventual winners St. Ignatius. This did not affect The Rookeries' confidence and they went on to seal the win of their last two games.



The Rookeries' captain impressed us all with his goal scoring capabilities and as a team scored the most goals of the tournament, finishing in a commendable 2nd place.



The children showed excellent sportsmanship throughout the tournament and represented the Trust and The Rookeries fantastically. Well done to everyone involved.

## PRIMARY SPORTS LEADERS AWARD

A number of our primary schools have enrolled in the Sports Leaders UK Playmakers Award. This is an opportunity for our Year 5 and 6 pupils to learn what it means to be a Sports Leader and how they can help promote sport and physical activity within their school. This involves six hours of training and once completed pupils are well equipped to run an 'energy club' for younger pupils, assist with inter- house competitions and hopefully help out with the PAT Games. This is a brilliant opportunity for the young leaders to act as role models for younger pupils, ambassadors for the school and develop their self-confidence. Pupils who are interested in taking part should ask their teacher for more information about the Trust sports leaders programme.

## PAT GAMES INCLUSIVE FOOTBALL FESTIVAL

KS2 pupils had a fantastic afternoon at the A1 Football Factory. The afternoon started with pupils learning lots of different skills, delivered by the young leaders from Carleton High School. They learnt how to shoot, dribble and pass the ball correctly using the tips and advice from the coaches. Once they had a go at all six stations they took part in a round robin tournament. This really brought out the fighting spirit in both the pupils and the coaches! This allowed everyone to use the skills they had been practicing, in a game situation, which was great to see.



The overall champions of the competition were Carleton Park who won three games and drew one. They had some fantastic skills on show and scored some impressive goals. Our young leaders also nominated a team that they believed encompassed the spirit of the games; showing respect, determination, honesty, passion, self- belief and team work. This was awarded to Halfpenny Lane who put 110% into every aspect of the event.



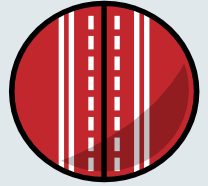
Well done to all the pupils that got stuck in, and to the staff for supporting the event.



# HOLIDAY HOMEWORK

After Easter there will be lots of activities such as cricket and rounders that require good throwing and catching skills. So over the holidays pupils need to practice:-

- Underarm throw
- Overarm throw
- Catching



See how many times they and a friend can throw and catch without dropping the ball!

## SPORT IN THE COMMUNITY

**Ackworth School  
Racquets Camp**

Available each day from  
**Monday 8th April - Thursday 11th April 2019**

Venue: Ackworth School Sports Hall  
9am - 3pm £15 per day

The camps will include a mixture of Badminton, Squash, Table Tennis and Tennis run by:  
Chris Parker, UKCC Level 3 Table Tennis Coach  
Alice Robson, LTA Accredited Level 3 Tennis Coach

Open to all ability from ages 6-16 years  
For more information please contact  
Alice Robson, at [alice.robson@ackworthschool.com](mailto:alice.robson@ackworthschool.com)

**Packed lunches are required**



Starts week commencing  
Feb 25<sup>th</sup> 2019

### TENNIS COACHING PROGRAMME

Session	Day and time	Cost for 6 week term
Mini Red (ages 4-8)	Monday 4:00-5:00pm	£30 (Mem) £36 (Non Mem)
	Thursday 4:30-5:30pm	
	Saturday 9:00-10:00am	
Mini Orange (ages 9-10)	Thursday 5:30-6:30pm	£30 (Mem) £36 (Non Mem)
	Saturday 10:00-11:00am	
Juniors (ages 10 +)	Monday 6:00-7:00pm (plus floodlight fee)	£30 (Mem) £36 (Non Mem)
	Saturday 11:00-12:00noon	
Adult Intermediate	Monday 7:00-8:00pm	Pay and Play £6 (Mem) £7 (Non Mem) (includes floodlight fee)
Tennis Xpress (Beginner Adults)	Thursday 7:00-8:00pm	£34 (Mem) £40 (Non Mem) (includes floodlight fee)

Ackworth School, Pontefract Road, Ackworth, Pontefract, West Yorkshire, WF7 7LT.  
[ackworthtennisclub@yahoo.com](mailto:ackworthtennisclub@yahoo.com)

Coaching enquires: contact Alice Robson 07967405553  
Membership enquires: contact Peter Barker 07772 575576

<http://ackworthtennisclub.co.uk> Ackworth Tennis Club



**A FREE,  
2KM EVENT**

**EVERY SUNDAY  
IN PONTEFRACT PARK  
AT 9AM**

**JOIN THE JUNIOR PARKRUN FAMILY**

**WALK, JOG, RUN, VOLUNTEER**  
or simply come and watch - It's up to you!

**FOR 4-14 YEAR OLDS**  
Adults can join in with the kids

Register at [parkrun.com](http://parkrun.com)



## What's on this Easter?

### CASTLEFORD

**GLASSHOUGHTON**  
**The Glasshoughton Centre**  
 Castleford, WF10 5AP  
**Multi-Sport Camp**  
 (includes Archery, Fencing, Football, Rugby, Tennis, Dodgeball, Tri Golf, Quidditch, Art & Crafts and much more!)



**Courses run daily, 8.30am - 3.30pm for just £12.95 per day!**

**Exclusive Half Term Offer:**  
 Extended day available 8:00-16:30 for just £5 extra per day

**15% OFF**  
 Book before 25th March to receive our early bird discount off single days!

### You will need...

- ▷ A packed lunch
- ▷ Plenty of water or fruit juice
- ▷ Weather-appropriate clothing
- ▷ A change of footwear
- ▷ Shin pads (for contact sports)
- ▷ ...and loads of energy!

### Don't worry!

Our Activity Professionals are fully insured and DBS checked. They all hold an Emergency First Aid certification.

Book online now to guarantee your place!

[f](#) [t](#) @PremierActivate



## Holiday Activity Camp



**LIMITED PLACES**  
**BOOK EARLY**

**Dane Royd Junior & Infant School - Wakefield**  
**Monday 8th April - Friday 12th April**  
**Monday 15th April - Thursday 18th April**  
 8:30am until 4:30pm / Age range: UFS to Year 6

**Prices:** £25.00 per day  
 £20.00 per day when you block book 3 days or more

for further information or to book your place:

King Mensah or Sam Watson 07934 046538

Email: [info@dynamicsportscamp.co.uk](mailto:info@dynamicsportscamp.co.uk)

[@DynamoSportsUK](#) - Twitter

[@dynamicsportsuk](#) - Instagram

High quality coaching from experts  
 Sports, arts and crafts  
 Fundamental movement skills

# Get Involved

**football factory**  
 by Paul Green



### SOCCER TOTS STAGE

**TOTS**

The Soccer 7 Tots is an introduction to the fundamentals of football through fun exercises and physical activities. Soccer 7 Tots will develop childrens key skills through fun games and activities. Improve their ability, balance and co-ordination. Develop and improve individual skills, with and without the ball. Improve social skills. Become more active and healthier

**2-4**  
 Ages

### SOCCER FOUNDATION STAGE

The Soccer 7 Football Award Scheme is a fun skills programme for 5-12 year olds. All you need is the desire to play football and Soccer 7 will help with the rest. The Soccer 7 is an awards based program tracking individual progress along the way

**5-12**  
 Ages

### SOCCER DEVELOPMENT & ELITE STAGE

**ADVANCED DEVELOPMENT PROGRAMME**

The Soccer 7 Advanced Development Programme is a 52 week programme offering structured coaching curriculums to improve individual player performance. Opportunities for trials at Professional Academies. Improve Grass Roots Players Individual Development Technically, Tactically, Physically & Socially. Feedback on Individual Players. Improve overall knowledge.

**6-14**  
 year olds

### KIDS FITNESS IMPROVING KIDS HEALTH

The focus of A1 Kids is to make children faster, stronger and fitter, whilst doing it in a fun way so that they want to do it. The Curriculum covers both skill and health components of fitness with individual progress tracked throughout.

**5-12**  
 Ages

For further information or to book your place please call 01977 525545, message your details on our facebook page - [A1FootballFactory](#) or email [team@a1footballfactory.co.uk](mailto:team@a1footballfactory.co.uk)  
 A1 Football Factory, Tavern Works, Skinner Lane, Pontefract, WF8 1HG