



Walton's World of Sport

READ ABOUT OUR AMAZING SPORTS IN THIS BRAND NEW NEWSLETTER!

AUTUMN 2017

Welcome!

To all Parents, Carers and Friends of Walton Primary Academy, Welcome to the inaugural edition of Walton's World of Sport, a termly newsletter, which will celebrate all of our sporting endeavors and achievements. This fantastic piece of work is produced by our superb sports leaders who aim to keep you informed about: competitions we have attended, exciting PE lessons and coaching, our very own sporting heroes, health related tips and much more. We hope you enjoy reading about all the wonderful things we are doing at Walton to inspire your children to be healthy and active for life.

Did you know?

P.E Stands for Physical Education

Michael Phelps (a swimmer from the USA) won the most Olympic Gold Medals

Sports Renovations

At Walton Primary Academy, we are renovating our playground to help make PE lessons, playtimes and after school clubs more active and fun...

We have new markings such as an exercise trail, netball markings and much more for us to enjoy!



Healthy Smoothie Recipe

This spinach and kale smoothie gives you an extra boost of energy thanks to peanut butter and chia seeds added to the mix. It is also a delicious way to add more veggies to your diet. This recipe is very versatile. You can change out the greens with whatever you want. Chia seeds give you added protein and energy. Hemp seeds will give you a boost of omegas.



Blend spinach, almond milk, peanut butter, chia seeds and kale together in a blender until smooth. Add banana and blend again until smooth.

Ingredients:

- 60g fresh spinach leaves
- 235ml almond milk
- 1 tablespoon of peanut butter
- 1 tablespoon of chia seeds
- 1 banana

Terrific Tennis

By Evie Pullen

This year, thanks to Mr. Biltcliffe, the children in Foundation and Classes 1, 3 & 9 have enjoyed fun and interactive P.E sessions.

In Class 9, everyone has had great fun learning new exciting tennis skills such as: hitting and catching balls, rules of the game and most importantly how to have fun while being safe. In order to develop our skills further, we have played intra class matches. "I really enjoyed it and I would like to do it again!" Jacob Kelly. We are immensely happy to have Mr. Biltcliffe teach us in P.E and we thank him greatly for that.



CLASS 9 PLAYING TENNIS IN P.E



Sporting Competitions

This term Y4/5/6 won the Sainsbury's School Games inter-school cross-country competition for our pyramid. This means we have now qualified to compete in the Wakefield final in the New Year. Y5/6 also won the inter-schools basketball tournament for our pyramid. Unfortunately, due to the damage to Crofton Academy's sports hall, all further School Games Competitions have had to be postponed until after Christmas.

As well as School Games, we also take part in competitions against other schools in our MAT. This term KS1, LKS2 and UKS2 have all taken part in football tournaments. All children played their very best but a special mention must go out to KS1, as they were crowned MAT champions and for many of them it was their first opportunity to represent the school.



HOCKEY



THE CROSS COUNTRY COURSE



JENNY HAPPY WITH HER WIN

Sports Interviews

By Charlotte Vause & Louisa Batty

Sophie Eastlake / Class 5 / KS2

What sports do you play and how do you stay healthy?

I play hockey and I love hockey because it is fun and exciting, my favorite move is the flip! How you do it is, you go for a swing then do it again. It is so fun. I am doing hockey in PE, also my brother plays the same as me and so does my mum. I play cricket in the summer. I do not have to eat anything in particular but I do eat a lot of salad. I am not 100% sure but I think I practice for one and a half hours and I think I am good at it.



Max Garbett / Class 2 / KS2

What is your position and why do you love it?

Hi, my name is Max I play rugby and sometimes football. Out of all the famous people who play rugby my favourite player is Reg Eden. I do not have a position yet but I am getting one soon and I cannot wait. My worst ever injury is when I broke my leg and I am scared I am going to do it again. I love playing rugby because that is what my dad did. I started playing rugby at the age of two and I play at Sandal. I play it once a week and my favourite thing that I have learnt is try scoring.



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Non-Uniform Day 22 December 2017!

On Friday 22nd of December, you can come in non-school uniform. However, the twist is you have to wear sportswear. The reason for this is Evie Heaton (one of our Y6 children) is competing in the World Acro Gymnastics Championship in February/March next year. The competition takes place in Las Vegas so as a school we want to help Evie as much as possible towards realizing her dream. Thank You.



Look out for 'Change For Life' healthy eating information which will be sent home with children in the New Year.