

# PE and Sports 2017-18



## Sports Day

What a fantastic morning all the children had during this year's sports day and how lucky we were with the weather too! The highlight of the morning for all the children was getting the chance to meet Gerald Matthews, member of team GB and under 20 European finalist. He gave an incredibly inspirational speech to start the games.

All the children enjoyed taking part in the team activities, especially the fitness circuit run by Gerald. They all tried their hardest and there were some outstanding performances during the mixed competitive races. It was lovely to see the children being determined but also showing great encouragement and sportsmanship towards each other throughout the morning.

Many of the children commented that "This was the best Sports Day ever". Many of the parents also commented that "This was the best Sports Day ever and having Gerald was amazing."



**Thank you!** to the Friends of Houghton Conquest for providing refreshments and for all the parents who came to support the children at the event and the ice pops for all the children and their siblings. It was fantastic to see so many parents supporting the children in all the different activities.

**Congratulations** to **Blue Team** on winning the Sports Day Cup, the winners of each competitive race, and **Hannah Starr** and **Samuel Matthews** for being awarded the Centenary and Huxford cups. Finally, congratulations to **all children** for participating in what was a very enjoyable morning.

And the winners  
of Sports Day  
2018 are...  
**Blue Team!**  
**Congratulations!**



# Inspired Through Sport

As well as Gerald Matthews inspiring the children during sports day and all of them completing his fitness circuit, all the children got to ask him questions and find out a bit more about him. There were some fantastic questions asked and all the children were incredibly interested with many of the older children commenting afterwards that he has inspired them into take part in running outside of school.

The children in KS1 and KS2 were also given the opportunity to take part in a growth mindset workshop, where Gerald Matthews taught the children the skills to complete a sprint start correctly. They then put this into action with mini fun relay races with the emphasis on team work, fun and determination. The children thoroughly enjoyed the session and it was lovely to see many of the children in KS2 practising their sprint start during the recent personal running challenge.



# Sponsorship Money

A big **thank you** to all the parents that helped their children raise money to support Gerald with his training, travel and nutrition costs, so that he achieve his dreams of Olympic greatnesses for Great Britain. As well as raising money for new PE equipment for the school. **We raised a fantastic £1592.85.** Well done to **Eliza–Beth Semple** for winning the trophy by raising a huge **£93.** Well done to **Doves** for winning the signed picture of Gerald by raising an incredible **£427.50.** Again, well done to all of the children for this fantastic achievement!



# School Games Kitemark Award

We are delighted to announce that we have achieved the School Games **Gold Mark Award** for the 2017/18 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.

As part of our application, we were asked to fulfil criteria in the areas of participation, competition, workforce and clubs, and we are pleased that the hard work of everyone at our school has been rewarded this year.

A special **thanks** to **Liz Thompson** who has organised and run all of the sports extracurricular clubs this year, has prepared the children fully for each of the festivals and has organised and supported the children at all of this year's sporting festivals. This really is a case of a job well done!

Look out for a fantastic surprise coming to Houghton Conquest Lower School in the Autumn Term.



# Sports Day Gallery



## 2017-18



**Houghton Conquest**  
Lower School

Growing together



# Sports Day 2018