

Mrs Moat

Monkton Academy Sports

November 10th, 2020



Sports Captains 2020/2021

Congratulations to our newly appointed sports captains. These students were selected by their fellow students following an afternoon of zoom presentations detailing their desire to lead their respective houses and what they would bring to the sports table. Mrs Moat is looking forward to working with the team and seeing their development as leaders. Well done everyone.

Variety of Sports

Students returned to Monkton Academy full of enthusiasm and excitement for this term's sports;

September - October

Tag Rugby and Fitness Y6

Netball and Fitness

Basketball and Yoga

Dodgeball and Yoga

November - December

Sportshall Athletics and Netball

Y5 Sportshall Athletics and Dance

Y4 Sportshall Athletics and Tag Rugby

Y3 Sportshall Athletics and Fitness

Competition Time

All students will participate in Sports Hall Athletics activities this half term. Speed, Strength and Agility activities will be completed. Performance data will be used to enter a virtual South Tyneside Sportshall Athletics Competition, our very own first intra-school sport competition of the year and also provide the opportunity for individual students to be rewarded for personal excellence.

[Read more on the Evoque website](#)

Monkton Steppers



The first Monkton steppers student competition has got off to a flying start with entries from every year group. We are rapidly approaching the award of one of our first winners in the competition; who will be the first student to pass the 500,000 step barrier? - a fantastic achievement in 6 weeks. This competition will continue after Christmas for current entrants and there will be an additional competition launched for any students who may receive step counters from the 'big man'!

Daily Mile

All students have been actively participating in the Daily Mile since our return in September and the race between year groups to cross Europe first is underway. Year 6, not letting the fact that they are the smallest year group in school, are leading the way!! Can anybody catch them???? When the weather is not suitable, students have been participating in age-appropriate HIIT sessions in the classroom to ensure we are working towards our goal of achieving 60 minutes of physical activity daily.

Please remember that all piercings MUST be removed for participation in PE, the best time for new piercings is the first week of the summer holidays!.

Kit

Monkton Academy Sports ¼ Zip top - letters for purchasing the sports top will be given out next week to any student wishing to purchase a top from school. We have samples of sizes at school for students to access to ensure a good fit. Please return the letter with payment by the enclosed date to be included in the order before Christmas.

All students must bring their PE kit to school EVERY week and as the weather is changing please ensure your child has additional layers and a warm hat for PE as activities will be delivered outdoors as much as possible.



Monton Academy

Mrs A Moat

Lead Teacher of Physical Education

