

# #HealthyBodiesHealthyMinds News

## An Athletic Triumph!

On Wednesday 5<sup>th</sup> February, some of our Year 3 and 4 children travelled to Co-op Academy Bebington to take part in a sports hall athletics competition against St. Andrew's, Higher Bebington Juniors and Stanton Road. For some of our children, it was their first ever competition representing our school.

First, we took part in the field events: standing long jump, speed bounce, vertical jump, javelin throw and chest push. Our Year 4 team started on the standing long jump and rather impressively, all seven children were able to beat their personal score on their second attempt. Meanwhile, our Year 3 team took part in the chest push first. We were really impressed with the children's focus and determination during this event.

Following two scored attempts on our first events, our teams rotated around the sports hall to eventually complete a circuit of all of the events. There were some particularly outstanding scores across the events. On the speed bounce, Michael completed an amazing 34 jumps within just 15 seconds. Additionally, Sam fired two massive attempts on the javelin, one of which measured a gigantic 11m!

Following the conclusion of the field events, the track events were then set up.



First, we competed in two 4x1 lap relays. All of the relays involved using reversaboard to help us turn quickly. Both our Year 3 and Year 4 teams ran outstandingly, showing excellent skills as well as brilliant team spirit. The next races involved speed bounce alongside running the relay. Our children showed great technique during these races.

Finally, the competition ending with the much more tiring 4x2 lap relays. Running two laps in one is no easy feat but our children persevered and pushed through with confidence and resilience. A particular well done to Hermione, Caleb, Fred and Elizabeth who ran in both heats for this event.

I can't even fully express how proud I am of our children for showing such brilliant teamwork, incredible athletic skills and outstanding effort. You should be so proud of yourselves too for representing our school so well. A very big thank you to the staff who came to support us as well: Mrs Coull, Miss Hankinson and Mrs Reese.

**Mr Smith**

### Team:

Larissa, Elizabeth, Lottie, Sophie, Caleb, Ethan, Michael  
Oscar, Fred, Sam, Hermione, Lexie, Tyler