

# Sport & Health Newsletter

North Suffolk Sport & Health Partnership



## New Partnership Launched in style

### 180 Year 3 pupils Celebrated National Fitness Day

On 27th September 8 schools came together to celebrate National Fitness Day and launch our new partnership. The event was held at Waterlane leisure centre with students from the local 6th form in attendance to help run the day. The purpose of the day was to increase awareness of doing 60 mins of moderate to vigorous exercise a day. The students were given tracking wrist bands to record how long they spent on their different activities, these included Dance, Gymnastics and carrying shopping bags.



*Schools in Attendance: St Margaret's, Roman Hill, Worlingham, Northfield, Pakefield, Phoenix St Peters, Albert Pye and Reydon.*



### Year 3 Matball

320 students competed across three events showing great team work



### Year 6 Quicksticks

Woods Loke claims top spot as 17 Teams competed in our annual event



### Year 6 Tag Rugby

Roman Hill topped the respect table as 16 teams do battle at Lowestoft & Yarmouth Rugby Club

## Year 3 Matball

Over Three Matball Events 30 teams competed to become their cluster champions.

During October Benjamin Britten, Sir John leman and Pakefield High school hosted their local feeder schools to deliver the team game of Matball. Leaders from all the host schools officiated 96 fixtures which took place between the schools.

### North Lowestoft

12 teams came together on 13th October to showcase their matball skills. Woods Loke won a hard fought final against a well drilled Gunton Team.

### South Lowestoft

A smaller field of 7 teams took to the court to become South Lowestoft Matball champions. Phoenix St Peters took the title with a 7-4 victory over Red Oak in the final.

### Beccles Schools

With 11 Teams Sir John Leman hosted the final event of the half term. After a few feisty semi finals Albert Pye and Reydon took their places in the final. After some outstanding team moves by Reydon they edged ahead to be crowned the winners.

### 30 Teams who took Part included...

Albert Pye A & B & C, Ringsfield, St Benet's, Beccles, Reydon A & B, Brampton, Worlingham, Gillingham, Elm Tree, Phoenix A & B, Red Oak A & B, Pakefield, Carlton Colville, Corton, Somerleyton, Roman Hill A & B, Blundeston A & B, Gunton, Oulton Broad, Poplars A & B, St Margaret's and Woods Loke.



*Above: North Suffolk Matball Teams At Benjamin Britten High School*

**“Every school showed amazing team skills and respect to all”**



## Year 6 Quicksticks

18 teams competed in separate A & B Team events on a chilly afternoon at East Point Academy

For the First Year 6 event of the year, East Point Academy hosted 18 teams on their outdoor astro pitches. This year we were lucky enough to have both of our local hockey clubs (*Lowestoft Ladies & Lowestoft Railway*) in attendance to promote their clubs exit routes and provide umpires for all our 19 A team games.

East Point Academy Leaders took control of the B team event, fresh off the back of their Quicksticks training from England Hockey.

In the B team event 5 teams played a round robin. This was the first time a B team event has been used for Quicksticks and it provided a great environment for the development of hockey for those students who would not normally get into their schools A teams. After a very enjoyable ten rounds of fixtures, Red Oak B remained undefeated and took the title.

Across in the main event 13 teams were fighting to make the knockout stages with the top 8 teams progressing onto the quarter finals. From these teams 4 progress onto the semi finals (*Woods Loke, Gunton, Albert Pye, St Margarets*). After some nail biting games Albert Pye and Woods Loke took their spots in the final.

This proved to be the game of the day with local coaches full of admiration for both sets of players. The game highlighted the best skills and tactics of the afternoon with the game finally ending in a 1-0 victory for Woods Loke. Alongside the final, Gunton won their last fixture to gain 3rd place, topping off a great afternoon of Quicksticks



Above: Roman Hill on the ball in one of their fixtures

Team	Points	Place
Red Oak B	12	1
Albert Pye B	10	2
Phoenix	8	3
Reydon B	5	4
Corton B	5	5



**Schools Included:** Albert Pye A & B, Reydon A & B., Phoenix A & B, Corton A & B, Roman Hill, Gunton, St Margaret's, Northfield, Elm Tree, Worlingham, St Benet's, Woods Loke, Red Oak A & B

## Year 6 Tag Rugby

'Respect' was the hot topic at this years Tag Rugby Waterfall event.

On Thursday 19th October 16 teams took to the field in what was a to be one of the most inclusive rugby events delivered in our partnership. Schools from across the partnership enjoyed four games of high quality tag rugby.

The clear focus of this event was to develop the rugby skills of our local schools and encourage them to join their local rugby club. Lowestoft and Yarmouth rugby club ran the event providing their pitches and referees to accommodate our schools.

Due to the nature of this event scores were not recorded, instead each school was given a mark based on their respect for the officials out of 5. These marks were based on the sportsmanship of staff, the children and parents.

Every school in attendance scored highly on this criteria, creating a brilliant culture of respect and fair play for the event. In the league table three teams managed to achieve 19 out of 20 points (*Worlingham, Gunton, Carlton Colville*).

This left one school with a 100% record, 20 out of 20, their systems of shaking hands and creating tunnels after matches to congratulate their opponents was copied and employed by the other schools. This school was Roman Hill primary School, so congratulations to your students for topping the respect table and inspiring fair play in our local students.

**Schools Included:** Albert Pye, Reydon, Worlingham, Phoenix A & B, Pakefield, Carlton Colville, Corton, Roman Hill A & B, Blundeston, Gunton, Poplars, St Margaret's, Westwood and St Marys



*Above: Roman Hill Primary School Celebrating their Respect Award*



*Below: Corton, Roman Hill, St Marys and Pheonix St Peters all in action*