

The Students' Sports **Day Supplementary**

You've seen the pictures, and now for our Student Leaders' commentary of one of the best days of the school calendar!!

Sports Day



Student Editors: Olivia Bignell, Poppy Barnes,

Photography: Miss Turner, Miss Hughes and Georgia Webb

Javelin



Years 7-10 took on the track events this morning. Javelin is the 'the most technical of the field events' Alaya (Year 8) here showing the importance of stance and balance and another javelin heading off into the stratosphere!!



High Jump



Mr Scowen said....

"Lovely to see the High Jump return after a few years away from our sports day. Great to see our students embrace the sport." 1m30cm was the winning height.

And there was some great talent on show with lots of coaching from the PE department and Sports Captains on the best technique.... Though not everyone decided to follow it!!!





New event for this year ...WoD and Conquer (stands for 'work out of the day')



Bringing a little taste of CrossFit and 'World's Strongest' to the foot of the Downs.... 'WoD and Conquer' made its debut this year and includes a fun mixture of cardio, weightlifting, and functional movements. Participants compete in pairs to complete the workload.

It was great to see our past year 11s come back to help events run smoothly!



Contestants have to complete...

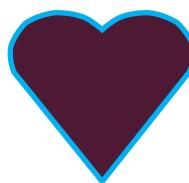
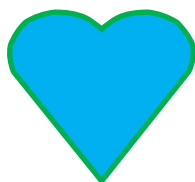
- cycling for 200m,
- complete dead-lifts,
- sit ups,
- Burpees
- tyre squats

A true test of
strength for our
young athletes!!





Darcy, Lily, Mia,
Fynn and Amy
enjoying the
sunshine and rocking
the face paints!



“What do you love about Sports Day?...”

“I love connecting
with people.” (Mia)

“I like working with
different people.” (Darcy)

“I love the fresh air and
being outside.” (Lily)

It’s my favourite day of the
term (Mr C.).”

“It’s such a fun day
that brings everyone
together.”
(Miss Clarke)

“The atmosphere is the best
bit.” (Mrs Rooney)

“I love the
inclusivity.”
(Miss May)

“I love the races.” (Fynn)

“Winning is
fun.” (Grace)



It's not just about the sports...



There's a huge team of stall holders, food and drink providers, first aid and support providers that make Sports Day so special—THANK YOU!!



We welcomed three sets of international guests this week...



They have thrown themselves into integrating into school life
and taking part in Phoenix festival as well as Sports Day...



...And Congratulations
Matteo and Leonardo,
who **WON** the Year 9
Boys obstacle race!!!



This week, Willingdon has welcomed
some exchange students and this is
what they said: "I had fun, I didn't
play anything but I was cheering on
my team."



Farewell to our
new Italian
friends—safe
travels home
on Friday!

Basketball



Mr Gardner was interviewed about Sports Day. it was his third time attending, and he said that it was a “very positive turn out”. He was watching the Year 7 relay races and said that it was “nice to see everyone taking part”.



Stoolball





In the morning, students were in coaching time where they were allowed to make banners to support their house. When speaking to the students, they said that it was a creative way to show support to their house. 8TST enjoyed painting and decorating their banner with glitter, designs and their names.

Community Crafting



We are so grateful to the PE department for all their hard work



Plus... big thank you goes to the site team, support staff, team scorers, the stall holders, the Friends of Willingdon, the media and IT teams and to all the teachers, support staff and Year 11s who came back to help out.