

Torridon Primary School Autumn Term Sports Newsletter

Welcome to our first half termly sports news round-up! World cup fever has certainly made its mark within the Lewisham Borough as many of our sporting events have been based around the sport of football. We have had children from all KS2 year groups competing in events and, for some children, this first experience of competitive sport has been a vital learning experience enhancing their passion for P.E and sports.

World Cup Event at Bacon's College:



For the opening game of the world cup – England vs Iran, Torridon were invited to a celebratory event at Bacon's College. Our boys' and girls' Saturday League football teams attended the event which included a festival of friendly football in the morning followed by a live screening of the match in the P.E hall. It was a fantastic day for our 28 footballing enthusiasts as they thoroughly enjoyed both parts of their day. Watching the game also provided them with learning opportunities as they were spectating some of the best football players in the world. They were also lucky enough to witness eight goals on the day! It was great to see how passionate the children are for both the sport they play, and their country's performance. Thank you to the parents that came and supported on the day – the flags and the face painting skills were highly appreciated!



Y3&4 Girls' Football Festival – AFC Lewisham

On 11th October, Hibisha, Maria, Isara, Tracey, Amahlia, Nanshika, Anaila, Jesika and Bethany from Year 3 together with Adelina, Aksha, Anisa, Aksa, Aaliyah, Elisabeth, Thashyini and Akshika from Year 4 represented Torridon at AFC Lewisham's development football festival.



We split the children into two teams of mixed year groups, and each team played friendly matches against other schools as well as participating in skill games to support their development. As their confidence grew between games, they played better as a team and managed to score some goals and win some matches. Congratulations to **Amahlia, Elisabeth, Aaliyah and Isara** who were awarded medals for most improved players!



Y3&4 Lewisham Borough Girls' Football Tournament – Prendergast Ladywell School

On Wednesday 23rd November, two teams of Year 3 and 4 girls competed at the Lewisham Borough Football tournament at Prendergast Ladywell School. Natalie, Sasha, Selina, Vega, Nanshika, Yasmine, Miracle and Amariah from Year 3 together with Holly, Chisom, Isla T, Sapphire, Callie, Zohal and Najat from Year 4 played together within two separate leagues. For both teams, the competition was extremely intense.



Both teams secured wins as well learning from defeat. It was lovely to see the confidence of our girls increase over the course of the day and how well they played as a team. Congratulations to all the girls who played on the day!

Y5&6 Lewisham Borough Girls' Football Tournament – Sedgehill Academy

On Tuesday 29th November, Rhylee, Shardonai, Maile, Samaya, Norah, Khloe, Saphia and Renae from our Saturday League squad were invited to represent Torridon in the LYG Football Finals at Sedgehill Academy. With less players on the team than anticipated, our girls played in a range of different positions on the day. They started the day off exceptionally well – remaining unbeaten until the final match. Finishing in second place in the group stage, they progressed into the second round of matches. Although they did not manage to win, they did hold some competitive teams to a draw, including the eventual winners, and played some excellent football along the way. They finished the tournament in 4th place and should be incredibly proud of themselves for playing



through the barriers faced on the day. Well done to our girls!

Autumn Term Swimming Statistics

All three Year 4 classes, as well as a group of Year 5 children have now completed their first term of swimming lessons. All children have made progress, whether it comes in the form of being more confident in the water or being able to swim further before their feet touch the floor. We try to encourage children to continue their swimming learning outside of school where possible as this will enhance their progress. We have, and will continue to monitor children's swimming progress in the form of termly assessments. These assessments determine how many metres each child can swim. The table below shows how many metres each class could swim at the start of this term compared to the end. Congratulations to 4C who have made the most progress as a class!



Class	Start of term score (metres)	End of term score (metres)	Progress made (metres)
4C	110m	329.5m	219.5m
Year 5	89m	231m	142m
4W	80m	216m	136m
4V	57m	152m	95m

Year 5 & 6 Saturday League Boys' Team:

As a newly formed team, our Torridon boys' squad have started the season off extremely well. The team includes **Orin, Luke, Mason T and Fraser**, who all played in the team that won the cup last season, and **Deren, Joshua S, Chester, Kyp, Nicholas, Sedrach, Arun, Ezra and Leo**, who are now into their first season with the squad. Overall, they have played cohesively and grown together within the short space of time since they formed, and have produced some great results. Two wins and two losses does not give the best picture of their performance as they do seem to be controlling each football match they play. In the loss against Dowlerry, they were 0-3 down at one stage in the match but came



together to bring the game back to 3-3. The comeback started with a 40-yard clearance-shot from Chester in defence! Unfortunately, Dowlerry scored again in possibly the final kick of the game to take all 3 points.

The 1-0 victory over Launcelot was more impressive to see than the 6-1 win against Childeric, as Launcelot were a confident team who challenged our boys for the duration of the match.

A dominant show of possession gave us the edge and after several attempts, they got the decisive goal they deserved. It was, of course, a joy to watch our boys score 6 goals though! Fraser, Sedrach, Luke and Mason clinically finished their attempts to send us into the Christmas break with 6 points and a +4 goal difference in the League. Well done, Boys!

Launcelot 0 – 1 Torridon

Torridon 3 – 4 Dowlerry

Edmund Waller 1 – 0 Torridon

Torridon 6 – 1 Childeric

Congratulations to Mason (Y6) who is part of this year's Lewisham District team which has recently won the Regional Finals! Their scores were as follows:



Lewisham 2 – 0 Hackney

Wandsworth 0 – 3 Lewisham

Lewisham 3 – 0 Tower Hamlets

Lewisham 3 – 0 Greenwich

Camden 1 – 1 Lewisham
(Won on penalties)



Lewisham will now progress into the South East England Tournament. Good luck to Mason and the team!

Year 5 & 6 Saturday League Girls' Team:

Maile, Nicola and Samaya, who played for the girls' team last season, have been joined by Rhylee, Shardonai, Norah, Shanaya, Saphia and Renae from year 6 as well as Khloe, Amira, Sadie and Lucy from year 5. For only the second time in our school history, we also have two year 4 girls on our team – Isla T and Sapphire. Although the team lost their opening game of the season, it was actually a positive experience for them. Not only was this their first weekend playing together as a team, but their opponents were last season's winners: Stillness. The girls certainly didn't make it easy for them though! One great feature of the team is their self-belief and their confidence working together and they kept their heads up throughout the match and even created a few chances for themselves along the way.



After just two training sessions they went straight into an undefeated weekend of results! Goals from Saphia, Nicola and Renae gave the girls their first win of the season and a clean sheet for Rhylee and our defence. They nearly won their second game as well, as they dominated possession against Good Shepherd. The Torridon girls took the lead but couldn't quite find a second goal. Good Shepherd didn't see much of the ball for most of the match but they did find themselves with an opportunity towards the end. That one chance led to their equalising goal and although the girls deserved the win – it did still mean that they hadn't lost a game that weekend. Well done to our girls so far!

Torridon 2 – 0 Downderry (Friendly)

Stillness 2 – 0 Torridon

Downderry 0 – 3 Torridon

Torridon 1 – 1 Good Shepherd

The next training session for either the boys or girls will take place on Friday 6th January, with matches on Saturday 7th at Blackheath. We will send a text in the new year to confirm which team is playing first.

Spring Term After School Clubs:

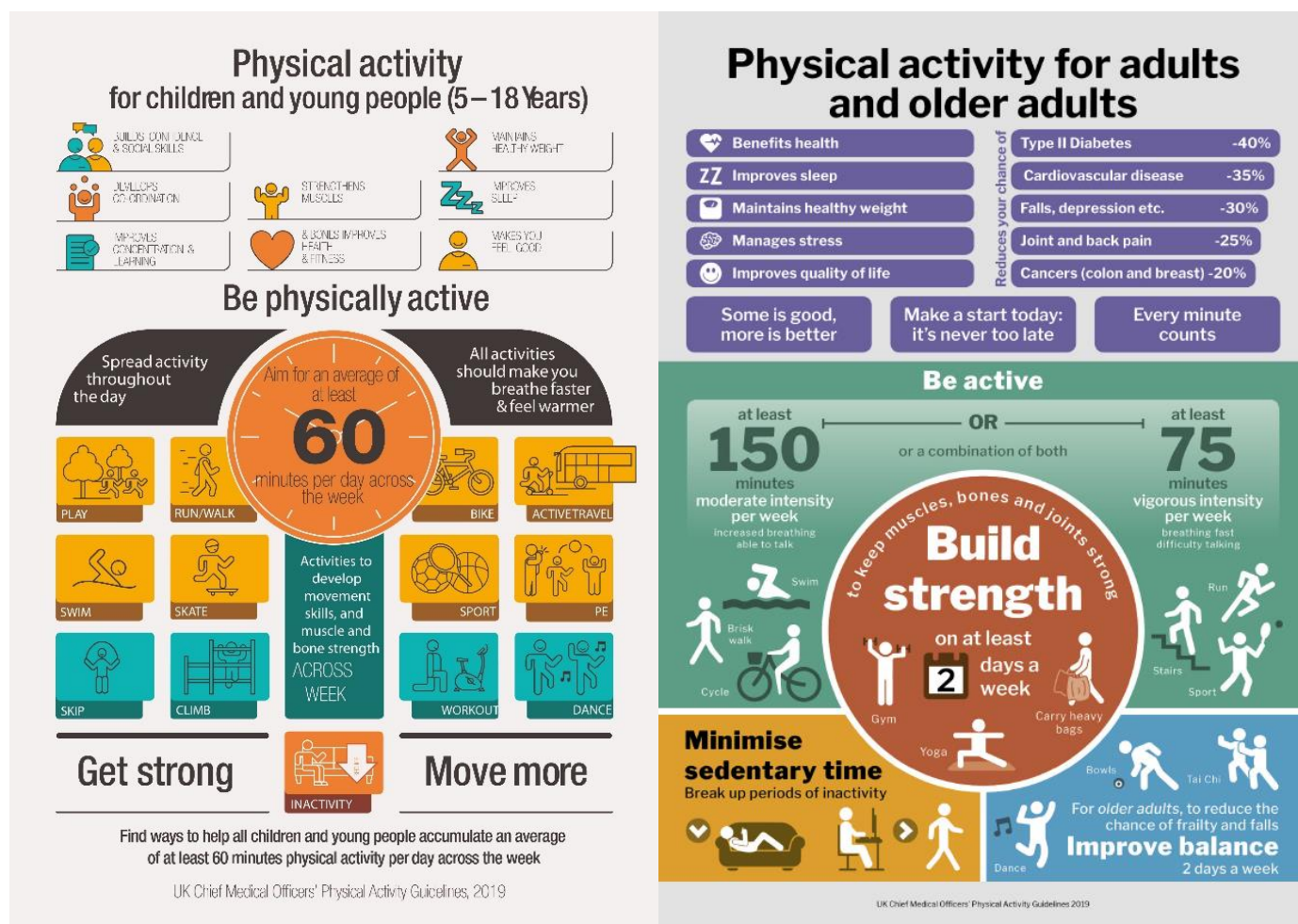
Please see the table below which gives the details of the **active** clubs available next term.

Day	Club	Cohort	Adult(s)
Monday	Dance Club	Reception	Rukia & Janeria
Monday	MultiSports	Y3, Y4, Y5 & Y6	Michael & Anthony
Tuesday	Arts Award (Dance)	Y5 & Y6	Deme
Tuesday	Indoor Games Club	Y3, Y4, Y5 & Y6	Aaliyah

All clubs will commence from W/C Monday 9th January and will run until 20th March. Clubs begin at 3:30pm and finish at 4:30pm.

Government Guidelines for physical activity

We always talk about the benefits of physical activity but have you ever wondered how much activity is needed to make an impact? Just to raise awareness, please see below the government guidelines for both children and adults:



We try to incorporate the Daily Mile into our daily timetables at least three times a week. A nice activity to do with the children over the Christmas period would be to plan your very own daily mile route around your local roads! This way, everyone gets some daily exercise as well as the children remaining consistent with their efforts. For many other fun ideas to stay active, please visit <https://activeforlife.com/activities>. This website promotes healthy active lives and offers a range of activities for all ages and includes any equipment needed as well as the rules / instructions for each game and activity.



Calling all enthusiastic parents & carers!!

Would you be interested in supporting our sporting tournaments and events in the future? As a school, community support means a lot and, as well as being able to include more children, it also allows us to be involved in more events.



At the bottom of each event letter it asks if you can support your child's participation – please continue to do this if you can! If you feel that you could actively support events for other groups as well, please contact our school admin team and let them know. This would give us a list of adult

supporters that we could contact in future to see if you are available to support. We have tournaments for a range of sports including athletics, tag rugby, hockey, cricket, tennis and many more! Please note that this does not mean that you would need to remain available for all of them! It would just give us some additional options outside of our staff community that may be interested.

We would also like to take this moment to thank all the parental support so far this term. The school, the staff and the children really do appreciate having you with us!! Even through the cold and windy weather at Blackheath on a Saturday morning; having you there cheering the children on and supporting every pass, shot, save and goal adds to their significant progress as a team. Thank you!

We hope you have a wonderful 2023!

Michael Church and Whitley Weston