

## Torridon Primary School Spring Term Sports Newsletter

Welcome to our second termly sports news overview. It has been an extremely busy Spring for the children at Torridon! Year 3 have been learning all about Tri-Golf, year 4 have continued with their swimming progress and years 5 and 6



have both been involved in football lessons during their P.E sessions. The Saturday football teams have completed their league matches and will now prepare for their respective cup tournaments, and there have been various Lewisham Borough competitive events across KS2. Looking ahead, we are now in the process of planning an unforgettable Sports Day for EYFS, KS1 and

KS2, and have begun trials for the Year 6 Sports Leader programme. We hope you enjoy reading all about the wonderfully active children we have at Torridon Primary School!

### Year 5 & 6 Lewisham Borough Sports Hall Athletics Tournament:

On the 16<sup>th</sup> of January, 18 children from Years 5 & 6 teamed up to take part in this year's Sports Hall Athletics tournament at Prendergast Ladywell School. **Kyp, Ronnie, Anayah, Sadie, Paris, and Nicholas** from Year 5 competed alongside **Nicola, Kamare, Leo, Amayah, Maram, Aliyah S, Meloe, Mark, Ezra, Yoel, Nefertiti and Orin** from Year 6 in what turned out to be an extremely competitive event. Each child was involved in two track events and two field events each, with all points from every child going towards the final school score. The tournament was split up into two separate events meaning that half of the teams competed in the morning whilst the rest, including our school, competed in the afternoon. The races were amazing to watch! We had obstacle races, hurdles, relays, and team sprints as well as a long distance 6 lap race (which both our boys and girls won!). Although there



were 10 schools competing in the afternoon session, every race was between Torridon and Rathfern! By the end of the event, both schools had won 6 races each which meant that the final results would be determined by the field events. Unlike races, where there is a clear winner, it is very difficult to determine how many points are awarded for the long jump, speed bounce, triple jump, vertical jump, javelin, and chest push events, meaning it was a nervous wait until the



end of the week. Rathfern eventually went on to win the event, but it was Torridon who were right behind them as the second-best team in Lewisham! With so many factors determining which team wins, it could possibly be the most difficult event to place inside the top three so to earn this result is a fantastic achievement for our 18 competitors. They all tried their very best on the day and should be incredibly proud of their achievements. Well done to our Year 5 and 6 team!

### Year 3 & 4 Lewisham Borough Sports Hall Athletics Tournament:

Two days after the Year 5 & 6 event, it was our Year 3 and 4 children who were at Prendergast School. With exactly the same set up, the only differences for our younger competitors was the long-distance race was substituted for an under-and-over relay, and the triple jump was replaced with three 5 strides attempts. The lower Key Stage 2 events tend to be less competitive and focus more on developing key skills, confidence and awareness of higher-level events such as competitive tournaments. Focusing on teamwork, determination and self-belief, our Year 3 and 4 children put in just as much effort as their older peers and produced some fantastic results along the way! **Amy, Otis, Jevon, Faizah, Thasvin, Lillian, Rome, May, and Emmanuel** from Year 3 teamed up with **Baenla, Caelan, Mahalia, Tyler-Rae, Angell, Orlando, Radiatoulaye, Acacia and Oshie** from Year 4 and together, had their fair share of winning and close seconds as well as witnessing the incredible abilities of some of the children from the other schools. For some of our children, this was the first opportunity they had to represent our school and be a part of a competitive team so it was a great achievement to finish the event in 6<sup>th</sup> place ahead of 13 other schools! Congratulations to all the Year 3 and 4 children who took part on the day and represented our school, showing respect to each other and their fellow competitors!



### Year 6 Lewisham Borough 3v3 Basketball Tournament

On the 28<sup>th</sup> of February, a team of six Year 6 children travelled to Bonus Pastor to compete in this year's 3v3 basketball tournament. **Amani, Sarah, Laju, Annaliese, Maliah, and Mason G** worked hard the entire day during the busy schedule of matches and improved game by game as the tournament progressed. The first game was extremely difficult as the team confidence had yet to be established and they were matched against an experienced team who eventually finished



in the top 3 of the entire event. Although they found the first game challenging, the result spurred them on to work hard, faster, and more determined as a team which led to success in many matches after. Annaliese and Sarah both became defensive superstars, Laju and Mason were scoring baskets in most of their matches, and Amani and Maliah became all round tacticians helping the team stay in control of the matches and setting our team up to win. They each played a key role within their matches and their teamwork skills excelled after each game they played. Finishing in 5<sup>th</sup> place in both the morning and afternoon leagues was an achievement in itself, but it doesn't justify how much progress these 6 children made as a team from start to finish. It was a fully enjoyable day of basketball, and the team were fantastic during the event, cheering each other on and supporting their

peers throughout. Congratulations to all 6 children and thank you to Talmud for supporting on the day! As always, your positive mindset and charisma certainly influenced the growth of the team. Well done to our basketballers!



## Year 5 & 6 Lewisham Borough Swimming Gala – Friday 10<sup>th</sup> March

With more teams competing in this event than ever before, this year's swimming gala at the Glass Mill Leisure Centre turned out to be the most populated event of the year so far! **Sadie, Grace, Lucy, Nicholas, and Jake** from Year 5 were selected to compete in the Year 5 races whilst **Maile, Kamare, Thai, Martha, and Chester** took part in the Year 6 events. Scores from all the races were totalled at the end in a process where first place would offer 10 points with increments



of 1 point less going down to 10<sup>th</sup> place which was the final place that offered 1 point to the team. The event was made up of predominantly club swimmers which meant that placing inside that top 10 would be an achievement in itself, and our amazing children achieved this on multiple occasions! Races included front crawl, backstroke, breaststroke, and butterfly, each a 25m sprint, as well as two relay races. It was a joy to watch the team perform on the day as not only did they compete with effort and intensity, but they were extremely supportive of their teammates no matter how many points they won for the team. The event ran on from 1:30pm until 6pm but throughout the evening the children remained consistent with both their

competitive attitude and respectful behaviour. We had some fantastic individual results finishing races in 5<sup>th</sup> (twice), 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup>. **Sadie** and **Maile** also finished races in 4<sup>th</sup> place meaning they were just one place away from bronze medals in their respective events.

**Maile** did prevail in her final race of the day finishing in first place overall and was awarded a gold medal for her outstanding achievement. This being the second gold medal awarded to a Torridon pupil after Maile had previously won a gold medal for the same race in Year 5! Well done to Maile, and congratulations to the entire swimming team for finishing in 5<sup>th</sup> place overall within the Lewisham Borough! Huge thanks to Heather who supported the team on the day. Your support certainly encouraged the children to try their best and you made their experience even better by showing your passion and enthusiasm towards their efforts and swimming in general. We also had the pleasure of being joined by Andrew and Nick from our local Downham Leisure Centre, who came along to cheer the team on! Thank you, and congratulations to our swimming team!





## KS2 Lewisham Borough Tri-Golf Tournament

On the 28<sup>th</sup> of March, 16 children from years 3-6 competed in their respective tri-golf tournaments at St. Matthews Academy. **Harmony, Jace, Amelie, Sophie, Ashton, Alex, Edward, and Lola** from Year 3 teamed up to compete in the Year 3 & 4 tournament whilst **Joshua, Ephraim, Lucy, Hazel, Martha, Abshitha, Maks and Rocco** worked alongside each other in the Year 5 & 6 event. On an extremely wet and windy day, the two teams followed each other around the 8 stations, earning crucial points for their teams as they went. The results on the day would be a collective total from each of their 8 games. Some games involved the children putting the ball towards cones whilst the trickier games involved chipping the ball over cones and into target areas. The year 3 team were competing against schools which had predominantly year 4 students, but their skills and knowledge learned within this term's PE lessons suggested that they were one of the strongest teams in their event. As Year 5 have been studying the skills



of football, they were entering the event unprepared but more than willing to compete in a sport that they have previously learned. For both teams, their attitude towards the sport on the day was **outstanding**. It wasn't "golf weather" in the slightest but their focus was solely on the games and their teams. This showed in their results as the year 5 team went on to finish in a respectable 2<sup>nd</sup> place earning them silver medals whilst the Year 3 team won the event, finishing in 1<sup>st</sup> place and came home with gold medals!



A spectacular achievement for both teams. All 16 children should be incredibly proud of their success. As the year 3 team are now classified as the **best team in Lewisham**, they will now progress to the London finals to represent Lewisham in the City of London Tri-Golf Tournament in July! Details of this event will be shared in the Summer term when dates and times are finalised by the event organisers. Congratulations to both teams and thank you to Matt, a member of our year 5 staff, for all your encouraging support on the day, being such a positive influence and helping the children to achieve their best. Also, thank you to Maks' mum for all your support on the day. It was highly appreciated!



### Year 3 P.E. Tri-Golf

Year 3 have been learning a new sport this term; Tri-Golf! This is such a fun and inclusive sport that allows all children to equally support their team to score points. They began the half term by learning the fundamental rules of the sport,



how to use the equipment and the importance of the coloured cones. As the weeks progressed, they focused on improving their accuracy of their shots, applying the right amount of power and reduce the amount of time used per shot by following the ball. Towards the final weeks they were tasked with some decision-making scenarios where they had to make choices which would affect the shot outcome before finally competing against their fellow year 3 classes in an inter-class tournament in school. During the event, each class rotated around 3 different tri-golf games, officiated by our Y6 Sports Leaders, which tested their skills and knowledge in different ways. One game was designed around their speed, another was their accuracy and the final game was a zonal game based on the power of their shots.

It was an amazing opportunity for the children to demonstrate their learning as well as recognise their teamwork abilities within a competitive environment. Congratulations to all the children for their amazing efforts during their lessons, and well done to **3S** for winning the event on the day! They are now the proud owners of the Y3 PE trophy and will keep it in their class until the next Y3 PE event. Also, congratulations to **Jeraiah, Ariana, Rome, Ayaan, Harmony, Aatheesh, Ivanka, Edward, Seven, Madison, Vega and Edie** for being awarded with Sporting Spirit certificates for showing the values of honesty, determination, passion, self-belief, teamwork, and respect during the event.

### Year 4 P.E Swimming Statistics

After receiving their initial assessment scores for the start and end of the Autumn term, the children of year 4 have focused on improving their swimming skills, attempting to beat their personal bests. After 22 weeks of swimming, equating to 11 hours of pool time per child, we are still yet to see significant progress across the year group. There are some children within the year who have made **outstanding** progress, starting the year as non-swimmers, and finishing this spring term at 25m whereas others have improved their swimming lengths by 0-5m. One of the barriers faced within the year is their lack of confidence in the water. Once that confidence is unlocked then they tend to thrive and begin to enjoy the learning process more. The assessment scores for the Spring term reflect how much effort the children have put into their swimming and whether they have improved, or gained more confidence, they should be proud of their achievements. Congratulations to 4V as, although they may not be able to swim the furthest distance, they have made the most progress as a class since the start of this term. As the table below shows, every class has



made some progress this term. Congratulations also go to **Isla N, Lilah, Zoya, Annaliese, Reis, Sobaan, Aksa, Simeon, Arthur, Naoki, Joshua and Adelina**, who have all been awarded with Sporting Spirit awards considering their attitudes towards their learning.

Class	Start of term score (metres)	End of term score (metres)	Progress made (metres)
4V	152m	226m	74m
4W	216m	264m	48m
4C	329.5m	361m	31.5m

### Year 5 & 6 Saturday League Boys' Team:

After completing the first half of the league during the Autumn term, the boys' team have met up at Blackheath a further 5 times since the start of 2023 playing the remainder of their league matches against other Lewisham schools. As the season has progressed, the team have come together well and improved within various aspects including their teamwork, communication, and trust in one another. **Deren and Joshua** have worked well together as the team goalkeepers, providing the team with some vital saves, whilst **Chester and Mason** (when not playing for Lewisham), have worked tirelessly in defence. **Ezra, Arun, Nicholas, Orin, and Leo** have utilised their speed and agility on the wings while providing some key assists and goals for the team as **Sedrach, Fraser and Kyp** (when available) have reinforced the midfield holding the team together and linking the play. **Fraser** has also been playing as an attacker along with **Luke**, who has become a dominant force up front and a reliable goal source for the team. They have worked incredibly well together this year, training on Friday's before their matches and filling into positions for absent players. Well done to all the boys this year for your commitment to your school football team, and representing the school at such a high, competitive level.



Torridon 0-1 Stillness

Dalmain 2-2 Torridon

Torridon 5-1 Horniman

Coopers Lane 4-0 Torridon

Torridon 1-1 Rathfern

After finishing the season in 6<sup>th</sup> place overall, they have

now qualified to participate in the shield cup. We currently hold this trophy in school as reigning champions and will now work towards repeating our past success. Dates for this tournament will be provided after Easter. Good luck to our boys' team!





### Year 5 & 6 Saturday League Girls' Team:

Similar to the boys' team, the girls have now completed the remainder of their league matches. This year has seen a significant rise in the participation levels and competitiveness of the girls' league which has been pivotal in the learning process for our children. The girls have improved across all areas of the field and have achieved the strongest finish in this league for our school since the league reopened post lockdown. **Rhylee and Shardonai** have continued to develop their goalkeeping skills and have gained confidence throughout the year whilst **Isla T** in year 4 has provided the team with some outstanding performances as our talented Year 4 goalkeeper. **Samaya, Maile, Amira and Norah** have been a strong influence in defence, remaining determined and confident at the back, making it extremely difficult for teams to score past them. **Shanaya, Sadie, Khloe, and Saphia** have worked well with each other on the wings making some excellent runs with the ball and providing assistance to our attackers. **Shanaya** scored her first goal for the team in the



final match of the season against a team who have only conceded two goals all year! She was incredibly close to scoring a second goal in the same match but after hitting the post, the ball eventually failed to cross the line. **Lucy and Sapphy** from Year 4 have played in the central midfield role and have battled well maintaining possession and linking play between the defence and attack. **Renae** (when available) has played in attack whilst **Nicola** has played in both the midfield role and as the team attacker as her skill and confidence on the ball has provided the team with so many crucial goals and assists this season. Nicola has also been playing on the boys team towards the end of the season and is now the first girl to ever score for the boys! A great show of dedication from her, and from the rest of the squad for their continued development, self-belief and teamwork.



Horniman 2-0 Torridon

Torridon 4-0 Coopers Lane

Torridon 0-0 John Ball

Torridon 3-0 Good Shepherd (Friendly)

Torridon 1-2 Prendergast

As the girls finished the league in 4<sup>th</sup> place, they have qualified for the Champions cup! They will be placed into a group with three other teams who finished inside the top 4 and after playing each team, will need to finish first or second to progress to the semi-finals. Details of this tournament will be sent to parents after Easter. Good luck to the girls team, and congratulations for your success this league season! A thoroughly deserved opportunity awaits after all your efforts and team commitments this year.



## Y6 Sports Leaders and the Challenge of the Week Initiative

With the Summer term approaching, we have begun the process of planning this year's Sports Days. A major factor of the events being so successful is the way that our Y6 children officiate and score the games. This year, 42 enthusiastic members of our Year 6 cohort would like to lead our sports days! As we only require 24 leaders, they will first practice and demonstrate their leadership skills running games in the playground during lunchtimes. They have been placed



on a rota and will run games for two weeks of the next half term. At the end of the next half term we will finalise the 2023 Sports Leader team. The children who are not sports leaders in Year 6 will still have the opportunity to enjoy an exciting day of sports competing against their friends.

One of the exciting introductions that the Leaders have already begun is the Challenge of the Week. Last week, the challenge was to see how many bounces they could perform in 20 seconds. Congratulations to **3S, 4W, 5S and 6A** for being the highest scoring classes in your respective year groups! Below is a table of the top 3 scorers in each year. In the summer term, children's scores will be celebrated with certificates during their praise assembly.

Year Group	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place
Year 3	Natalie (3A) – 36 jumps	Otis (3A) – 35 jumps	Maya (3A) – 34 jumps
Year 4	Sobaan (4C) – 41 jumps	Angell (4V) – 39 jumps	Aksa & Isla T (4V) – 38 jumps
Year 5	Kyp (5L) – 44 jumps	Nicholas (5R) – 40 jumps	Tobi (5R) – 37 jumps
Year 6	Meloe (6C) & Maile (6L) – 47 jumps	Maram (6A) – 45 jumps	Nicola & Felicia (6A) – 42 jumps

## Daily Mile

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 Easter 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 year. 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, and active, Easter break!

Michael Church and Whitley Weston

