



Sports Newsletter - November 2022

Dear Parents, Carers and children of The Willows,

Our fantastic children continue to make me proud this month with their amazing sportsmanship and talents. We have taken teams to tag rugby, football events and indoor sports hall athletics this month and all children have represented The Willows outstandingly. See results below.

This month our sports ambassadors have chosen an inspirational person out of our building but who has worked closely with The Willows for a number of years. See below for their interview.

The sports ambassadors have set you a 12 days of December Christmas fitness challenge this month - we hope you enjoy giving that a try!

Please continue to email me your out of school sporting successes -
ssmalley1@willowsprimary.com

Miss Smalley

November's Fitness Challenge

Our sports ambassadors challenge you to;

Complete their 12 days of Active Christmas - see the 12 days activities below. The challenge can happen any 12 days during December.

November's results

The boys have played two matches this month. Their first game was against St Thomas Aquinas and the boys won 1-0. Player of the match was Jacob. They then played St John's and were unlucky in the second half losing 3-2. The player of the match was Riley. The boys played really well in both games and made Miss Tellwright and Mrs Ellis very proud!

The girls had their first round of the Staffordshire Cup just after half term and played Sutherland at home. The girls played a great game, showing great enthusiasm and determination. They were unlucky in the second half and lost the game 2-1. Sofia was player of the match. The girls played Priory in awful conditions and won 1-0, they were amazing and never gave up! Player of the match was Rebecca M!

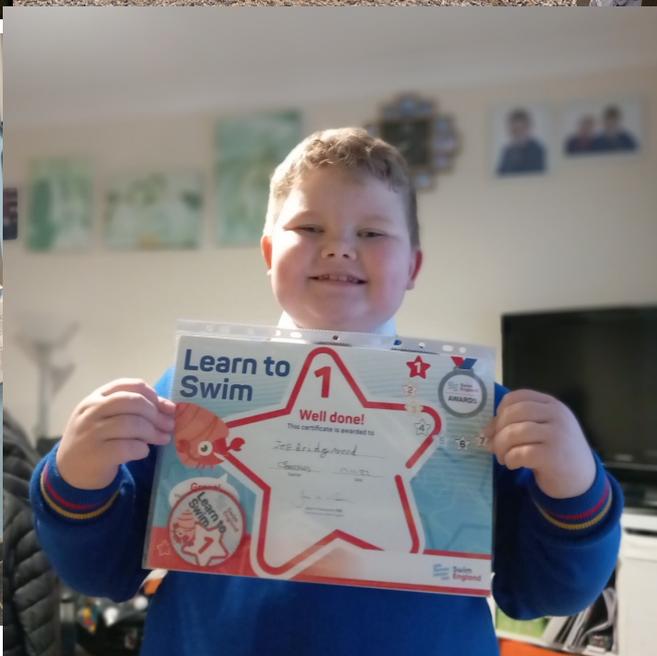
Out of school sporting successes!

Well done to all of these superstars!



Out of school sporting successes!

Well done to all of these superstars!



Out of school sporting successes!

Well done to all of these superstars!



Our inspirational person for this month is Time4Sport's owner Mr Glover! The Sports ambassadors came up with some questions to find out a little bit more information.

What inspired you to create Time4Sport?

I have always loved sport, it has always been my passion. My main passions growing up were football and cricket and I still play football regularly. My dad was very sporty and his main sport was cricket, he was my inspiration. My Mum and Dad took me everywhere growing up. I was never good enough to be professional but enjoyed every element of sport. I enjoy sport so want everyone to enjoy it and appreciate its benefits. When I was at university I was on placement at Ash Green Primary. I supported 1 hour a week doing PE, the teacher was copying my lessons the week after so I saw an opportunity to help schools with their sport.

Do you enjoy leading sports with children and families?

Yes, that is the best part. You see the smiles on their faces. I don't do as much as I used to, just due to the number of families we see. On a weekly basis it is about 4,500 families/children we have contact with. My role is more of a manager role now but the best part is seeing the progress and the children/families having fun.

Do any of your family members take part in Time4Sport sessions?

Yes, I have got a little boy who is 7. He is year 2, he attends our holiday camps at The Willows, he absolutely loves it. Harper (my little boy) he is quite quiet but coming along to the sessions has improved his confidence. I have a niece and nephew that attend holiday camps as well.

How long have you been running Time4Sport?

15 years! September was our 15th year anniversary. Prior to then it took a few months to set up, do some research and get everything up and running. We started in 2007.

What made you set up the business?

Always loved sport and that was what I enjoyed the most. Played cricket and football at weekends. If you find something you enjoy as a job then it doesn't feel like a job!

What sports take place in Time4Sport?

We do football, rugby, basketball, dodgeball, multi-skills (fundamental skills), volleyball, netball, tennis, laser tag, archery, gymnastics, dance, outdoor activities, athletics, rounders, cricket, hockey, ultimate Frisbee, handball, tag rugby and potentially swimming.

What is the hardest part about running Time4Sport?

Time! Finding time to do everything that is the most difficult thing to do, it is hard when you are providing a service. Time and managing people.

What is the easiest part and the most enjoyable part of running Time4Sport?

Most enjoyable part is seeing the families getting involved. Easiest part is enjoying the success of the business and seeing people progress, not just the participants but staff progress to be the best that they can be. Delivery is the easiest part to a point depending on the class.

Have you always loved sport? From a young age?

Yes, probably started participating in sport from the age of 5 or 6. I have played different sports from a young age. Due to my parents I have enjoyed football and cricket the most and my parents took me every weekend. Sport is my passion.

When you were younger were you in any teams at school?

Yes, I did athletics, football and cricket. I wasn't the faster runner but enjoyed the field events. I was part of the athletics team, my long legs helped hurdles. Football and cricket were my main two sports. When I was at school there wasn't as much variety as there is now. It was more mainstream sports and that was it. The boys tended to just play football and cricket.



November's results!



I took these superstars to a tag rugby competition this month. They played 5 games in their group, winning 3 of those games. Unfortunately they just lost out in going through to the next round coming 3rd in their group. They played amazingly and got better with each game. Their attitudes were fantastic and they supported each other the whole time. A great team! Well Done everyone!



The fantastic Mrs Keates and Mrs Keates took this group of amazing children to a tag rugby festival. They all had an amazing time and represented the Willows outstandingly. Mrs Keates and Mrs Keates were both extremely proud and they came away with a silver award! Well Done everyone!

Myself and Mrs Keates took a team of 22 children to Fenton Manor for the indoor sports hall athletics competition. The children performed fantastically and represented The Willows well. They competed in field and track events and had to remember a lot of instructions. We had so much fun that I forgot to get a picture!

But well done to;

Oskar, Oliver, Athi, Justin, Daner, Jack, Loui, Josh, Chris, Riley, Diyon, Savannah, Sofia, Isla, Freya, Ava C, Lola, Macy, Rebecca M, Chantelle, Aisha and a special mention to Isaac who stepped in at the last minute due to children not turning up.

12 Days of December Christmas Challenge!

30 jumping jacks



go for a festive walk

Throw Elsa shapes
20 times



If it snows—build a snowman



Have a go at a teddy bear roll



go out on your bike or scooter

Hip rolls for 1
minute

Side step 40 times

20 high kicks

High knees for 1
minute

Create an active handshake with a friend or family member



Choose your own exercise to finish the festive 12 days challenge





Are you ready for the Football World Cup?

FITZY COMPETITION FOR CHILDREN

Enter one of the Fitzy Keepy-Uppie Challenges - plenty of fun and loads of prizes to be won. Details about the children's challenges and the family challenge at <https://fitzyandme.com/fitzy-competitions>



FITZY FOOTBALL COMPETITION FOR GROWN-UPS!

For the Footie Fanatics in your family

The image below is taken from the 'Fitzy helps Ben and Sahid Shoot to Success' story. Spot the link to the Football World Cup to win a copy of the book. The first person to text the right answer to Fitzy on Instagram wins! @fitzyandme

