







Get Active Week Success!

Children and staff have put in enormous effort and energy last week and tried a number of different ways to get active. Every morning, the pupils spent thirty minutes trying a different sport or activity. Here is a list of the different activities that were offered:

Football, netball, hockey, golf, cricket, french skipping, ballet, Street-dance, Zumba, yoga, Speed stacking, detective walk, gardening, Take 10, cross-country running, badminton, playground games, Tae-bo, fencing, multi-skills and skipping.

What did your child try?

Special thanks go to some local providers who offered free sessions:

<u>Welwyn Garden City Golf Club</u>: Thank you to Leigh. This session was incredibly popular and we may look at running a club at school. In the meantime, they run Junior sessions on Sunday mornings at the course on Mannicotts, off High Oaks Road. Phone 01707 325243 for more details.

<u>Apex Dance</u> – Thank you to Abi for a fun session of street-dance. There are still places available for this club on Wednesdays at 8.00am at Creswick School. See their website for booking details. www.apex360.co.uk

<u>**Rising Stars**</u> – Our regular sports coaches got involved too and offered a fencing taster session. Over half of the children expressed an interest in this sport and again we may look at running a club at school in the future.

Here are some other local clubs the children may be interested in:

Judo - www.wgcjudoclub.com

Contact Ian Rowett for a free taster session on Friday April 24th at 6pm at Gosling Sports Park. Children just need to turn up in an old pair of track suit trousers and an old t-shirt. The club provides the judo suits for the first four sessions. This is for children aged 6 +. Hourly sessions thereafter are £3 (on a turn up basis),

Hockey –

Contact Olive James on 07722 173191 to book a place. Sessions run on Tuesdays and Fridays from 3.30-4.30pm and 5.00-6.00 pm at Our Ladies Church. (£4.50 per session)
Contact Charlotte Honour on 07875 678757 at WGC Hockey Club. Sessions are every Sunday from 10.00-11.00am at De Havilland, University of Hertfordshire and run from September through to Easter. It is on the furthest astropitch and children can just turn up on the day.

<u>Athletics</u>

Herts Phoenix Gosling Sports Park, Contact Meryl Johnson Tel: 01707 376938 E: johnsons40@hotmail.com

DETAILS OF MORE SPORTS AND CLUBS IN WH CAN BE FOUND ON THE WELWYN HATFIELD SPORT AND PHYSICAL ACTIVITY ASSOCIATIONS' WEBSITE www.welhatsports.org.uk



