

The Elite programme has continued to increase student participation in extra-curricular sporting activities throughout the spring term. Here are some of the activities and opportunities available to students.

Rowathon

On Wednesday 18 January, students faced staff in a 4 hour Rowathon. The aim was to keep the rowing machines going for 4 hours. Students were sponsored and collectively raised over £500 for the British Heart Foundation. It was a challenging event. The students gave staff a good run and led for the majority of the race. Thank you and well done to all students who participated in such a meaningful event.

Tennis

Our Key Stage 4 lunchtime tennis club has been running for a term now, giving the students a different dimension to their lunch time, enabling students to interact with others whilst improving their fitness.

"I really enjoy playing tennis. My confidence has improved, giving me the opportunity to speak to students I don't usually. It provides something different at lunch times and is not a sport I would usually play" - Jecoliah 9R

Life Guard Training

During the spring term, a group of Year 9 swimmers enrolled in a Rookie Life Guard programme. The 12 week programme consists of learning basic life saving skills and progressing to intermediate stages of a life guard. All students involved are enjoying their time in the pool and developing their skills rapidly.

"I have enjoyed learning new skills such as life saving skills and I have also developed my social skills." - Zuriel 9R

"My confidence has increased in the pool and I now feel able to use these skills in real life if I had to." - Marley-Joe 9T

Ice Skating

A group of Year 7 students have started an Ice Skating programme which encourages leadership skills, peer bonding, resilience, physical activity and confidence. The 6-8 week programme covers new skills and techniques on the ice for different levels and the students are assessed at the end of each block.

"Skating is fun because you learn how to do things in a way that you won't forget. I have gradually got the hang of it." - Uche 7C

NJIRC

On Friday 17 March, Conisborough students attended the third National Junior Indoor Rowing Championships.

This was a new experience for our Year 7 participants who did extremely well and challenged the rest of our students who were ready to beat their scores from last year's event.

"It was a long and tiring day, but a great experience. I enjoyed participating in the relay race which required working as a team. We were so pleased to have achieved a top 10 position in our race." - Rachae 9R

Well done to all students who are currently participating in these activities and keep up the good work!

Mr Dyer - Sports Inclusion Development Officer