



SPORTS REPORT

5 May 2023

I hope you all enjoyed the Coronation weekend. It was a momentous spectacle, and we will mark the occasion in Priory School fashion nearer the end of term and once public examinations have come to an end. I trust the children brought home the Coronation seeds and have discussed with you where they might plant them. We will be asking for photographs of the flowers in bloom later in the year.

The rain has not been kind to the playing fields and school sports fixtures this term, but please find below some lovely comments from Mr B.

David EJJ Lloyd

Over the years of teaching at Priory School, it has always been my goal to have every pupil leave the school fitter than when they arrived. I introduced both the mile run and the bleep test as a way of establishing a fitness base line for each pupil and to give them personal targets to improve upon. I also introduced my own brand of 'bootcamp' style workouts at the beginning of every Games lesson.

I frequently bump into former pupils, and they often mention the fitness work they did at school, and almost always with fondness! Those that do not remember it so fondly still recall their experiences with a smile, and all are acutely aware of the benefits of life long physical activity.

This week has been a special week across the school. Virtually all of the pupils have worked hard to improve their fitness levels and to beat their personal best scores. In the bleep tests, personal and school records have fallen in every year group, and the same is true of the fitness tests with new records in all years from Reception to S4. S5 are in the midst of the GCSE examination season, and we wish them all well.

Reception, Year 1 and Year 2 run a 2 lap (300m) fitness test. Every one of them beat their times, and some with a pace that a teenager would be proud of.

The rest of the Juniors run a 5 lap (half mile) test and many of them ran the distance in 3 minutes or less! This is very impressive indeed.

The Seniors run a 10 lap (full mile) test and we have seen a good number of sub-6-minute miles, with a few nearly beating the 5-minute mile pace.

As well as telling you how proud we (the Sports Department) are of whole school, I would also like to draw your attention to two individuals who have had stand out performances this week.

Our Junior Sports Star this week is **Rowan Sargeant** in Year 6. Rowan hit a sub-3-minute half mile with a new Junior School record of 2 minutes and 56 seconds. Rowan works very hard on his fitness and this shows in every lesson.

Our Senior Sports Star is **Joe Ayres** in S4. Joe smashed the senior mile record and came in with a time of 5 minutes and 24 seconds. He then came back 2 days later and took down the 20m bleep test senior record,



Priory School of Our Lady of Walsingham
Beatrice Avenue, Whippingham
Isle of Wight, PO32 6LP
Tel: 01983 861222

mail@prioryschool.org.uk
www.prioryschool.org.uk



hitting level 12.7. To give you a reference point, the best score expected of his age group is 12.2. Joe has been pushing himself hard for his PE GCSE and it is really paying off. Well done to both boys.

And well done and thank you to rest of the school for pushing yourselves when you did not want to, or the weather was too warm, or the track was too wet or the opposition were strong, and much more! I am really proud of your desire to leave Priory School fitter than when you arrived, and how you back this up with hard work and determination. See you all soon.

Mr B.