

The importance of sports at Goldington Academy

By Zahid, Year 7

The benefits of taking part in sports are phenomenal. For example doing sports can reduce the risk of many illnesses, including cardiovascular disease. It can boost team spirit for students and create good team morale.

Here are some facts about the benefits of sports:

- Sport has positive impact for students, their communities and wider society.
- Regular exercise is needed to get fit, stay healthy and active.
- Studies show that students who participate in sport improve their maths/numeracy scores by eight per cent on average above students who don't do sports.

ALSO

- Did you know that children are expected to achieve 60 minutes of physical activity every day of which 30 minutes should occur during school?
- Did you know that some children spend nine hours sitting-down a day?
- Students who participate in sports have better concentration levels than the non-participants because studies show that doing sports improves mental health, intelligence and wellbeing.
- Playing sports helps reduce body fat or controls your body weight.
- Sports help aid coordination, balance and flexibility.

A science fact behind sports:

- In sport, skeletons can be made remarkably flexible but muscles are needed to move them. In various sports, competitors and athletes are seen in action, using their muscles. Muscles are used every time we move. Muscles are attached to the bone by tendons and work in pairs to allow for smooth movement. To move a joint, one muscle contracts while the other muscle relaxes and becomes longer. Students that are non-participants of sport will not have as flexible skeletons unlike students who do sport.

If you would like further information on the benefits of sports, please see the links below:

<https://www.sportengland.org/research/benefits-of-sport>

<https://www.realbuzz.com/articles-interests/sports-activities/article/the-health-and-fitness-benefits-of-sport/>

<https://www.bbc.com/bitesize/clips/zm29wmn>

<https://www.bbc.com/bitesize/guides/zxd4wxs/revision/1>

At Goldington Academy, sport is a very important part of our curriculum and day. We have lots of sports fixtures every week. On the 8th February 2019, the year 7/8 girls' badminton team and the year 9 boys' badminton team won the county finals.



Goldington Academy students at district badminton finals and badminton festival (2019)

This month, the football and netball fixtures have highlighted how dedicated our student teams are at sports and achieving the best they can. The interview below with Mr Lodder from the P.E. department at Goldington academy further shows the dedication of staff and pupils in football and sports.

INTERVIEW WITH MR LODDER HEAD OF BOYS' P.E.:

Q. Which player at the football fixture on Tuesday (year 7) and Thursday (year 8) stood out to you the most? (Week commencing 18/2/19)

A. *The team as a whole have been performing brilliantly all season, and consequently haven't lost a game from commence to present.*

Dalziel in Year 7 has started particularly well with of goals and assists.

In Year 8 Trevor has worked hard and showed as usual an excellent attitude.

Q. How does taking part in sports (like football) help students with team working skills?

A. *Sports such as football will benefit students in terms of teamwork because they will learn to persevere and cooperate with one another, because everyone simultaneously wants to win. Teamwork will be improved because it teaches students to listen to one another and consequently improve the overall performance of both individuals and the team. It encourages confidence in both themselves and the team as a whole, to speak out with positively influencing ideas.*

Q. Why is football so popular at Goldington?

A. *Football is popular at Goldington due to the fact that many children not only have talent and great potential to pursue it in the future, but it brings joy to the faces of those who are interested in it. Spoilt for players, it means many year groups are blessed with multiple teams each performing highly, as well as forming new relationships with one another both on and off the field.*

Q. If a student wants to join a sports club at Goldington, what do they need to do?

A. *Should a student wish to join a sports club, it is important that they become vocal about it, in order to be recognized in terms of interest. They need to speak to a member of staff and highlight what it is they wish to do in the next step, whether it be to attend a training session etc. By showing a clear passion and enthusiasm towards it, it will make obvious to said members of staff (i.e. members of the sports team at Goldington) that you are prepared to be committed and give up time in order to play.*



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Goldington Gazette

Q. Goldington academy won the borough sports award in 2018. How do you feel about this and do you think we deserved it?

A. *As a team here at Goldington we are continually striving for achievement not only in academia, but in the field of sport. We feel extremely honoured to have received this award, for recognition of our positivity towards the importance of sport. Humbled by this, we hope to continue on this pathway of sporting achievement, continuing to succeed in all areas.*