

Sports News

March Edition 2022



Northamptonshire
sport
The Voice For Sport

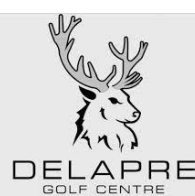
SCHOOL GAMES

Archery – Year 4: A group of children attended an Archery competition at Kings Park Tennis Centre this month putting their Archery skills into practise and competing against other schools. All enjoyed their activities, especially when they eat the Gold!



Young Leaders Conference: Last term, all of Year 5 children received Real Leadership training in their P.E. lessons. A group of children were selected to learn how to be an even better leader. Organised by Northamptonshire Sport, the first half of the day involved learning, leading and creating activities that can then be used at lunchtimes in our school and the second half of the day, understanding how our school could improve their physical activity. Watch this space for a campaign very soon! The children were a credit to our school and praised by the School Sports Manager for their leadership qualities!

Tri-Golf – Year 3: This week a group of children have ventured to Brampton Heath Golf Centre to take part in a series of skills stations that they have been practising for in their PE lessons. All children enjoyed being at this impressive Golf Club as well as competing against other schools – Well done!



Delapre Golf Centre are currently offering a FREE taster session of Golf and to meet a Junior Golf professional on Saturdays

between 11am -12 noon. Visit

<https://www.delapregolf.co.uk/junior-academy> for more information.

Multi Sports – Year 5: The first of this year's Multi Sports Events, organised by young leaders from NIA, took place this week with Class 5 St Cecelia taking part in a range of Tag Rugby skills stations and games at Northampton Saints. The whole class gave it their all and represented our school superbly, some enjoyed the mud more than others though!



Level 1 Games: This term, Years 4 and 6 took part in the Level 1 Games, an inter-house competition which is linked to what they are learning in their P.E. lessons.



Year 4 Badminton
Delapre
Kingsthorpe
Abington
Moulton

Year 6 Outdoor & Adventurous Activities
Kingsthorpe
Moulton
Abington
Delapre



Happy
Easter!



Spring has sprung in Northampton!

We have a bumper packed newsletter for you this month! Filled with exciting Easter activities and much more. Try something new with the family, make sure you stay safe, and let us know what you get up to. Make sure you check us out on social media, [Facebook](#), [Twitter](#), and [Instagram](#), for more events, activities, and exclusive competitions!



What's going on in Northampton?

Mindful Meditation Taster Sessions

Come down to Bradlaugh Fields Barn on Friday 8 April and join in with our FREE Mindful Meditation Taster sessions. The sessions are open to all abilities, participants must be over 18 🧑. Find out more & book your place [here](#).

Trilogy Easter Holiday Activities

Trilogy Leisure are excited to deliver swim crash courses and sports sessions this Easter! Activities are running between 4-14 April and are free to Junior Active members. Kids screens will be showing throughout the holidays at The Forum Cinema and Berzerk is open from 9am – 5.30pm every day. Find out more [here](#).

Easter Egg Hunt

Join Muddy Education on 12, 13, and 14 April for an Easter Egg hunt! The Easter Bunny has hidden some chocolate eggs in the forest - follow the clues, complete the puzzle and see if you can find them! Activities include an Easter egg hunt with a chocolate egg for every child, spring crafts, and an activity sheet. Limited availability left, book [here](#).



Easter Trail

Join Abington Park Museum for a special Easter trail around the Museum with a chocolate egg as a prize for every child. Suitable for families. Children must be accompanied. Drop-in no booking required, costs £2.00. The trail will run from the 13-17 April, between 1-5pm. Discover more [here](#).

Rose of the Shires Ultra 54

Test yourself on 9 April, through the picturesque Northamptonshire countryside in this exciting ultra-marathon. Perfect for distance runners looking for a new challenge, the course runs through 2 country parks and 21 tranquil villages. Come for the ultimate endurance test or for your finisher's medal. Find out more [here](#).

Wildlife Trust

Join the Wildlife Trust Nene Valley Watch and Youth Rangers as they survey for birds and reptiles. [Get involved](#) on 7 April, between 1.30-3.30pm at Summer Leys Nature Reserve.

Walk and Talk

Join Space to Talk with their Walk and Talk sessions, they happen every 2 weeks. Their next walk will be on 10 April between 10am-12pm at Salcey Forest. These walks are a support tool to help people who may be struggling with day to day pressures, have mental health concerns or are currently undergoing treatment and need some support, or just want to get out in the fresh air and meet people. The group is hosted by a Space to Talk facilitator who has lived experience of mental health. See more [here](#).



Yoga and HIIT Classes

Bradlaugh Fields Barn hosts activities every Saturday morning, join them at 9.30am for a 30 minute High Intensity Interval Training class and from 10.30am is Chair Yoga for an hour, the café is also open for refreshments, advance booking is required. See more [here](#).

Easter Holiday Activities and Food

Holidays Activities and Food, HAF, returns for the Easter 2022 school holidays between 4-14 April in Northamptonshire. The programme brings funded school holiday clubs with healthy meals for young people aged 5-16 years in the county. If your family receive benefits-related free school meals you might be eligible for HAF Northants. See what's on [here](#).

Quirky Races Easter Chocolate Run

Why not try the Quirky Races Easter Chocolate Run on the 10 April. The more you run the more chocolate you earn! Run as many half-mile laps as you like in one hour. You will receive chocolate at the end of each lap but whether you run one or 20 laps you'll earn a Easter-themed medal at the end. You can take as many breaks between laps as you want & eat your chocolate as you go or save it for the end. See more on their [Facebook page](#).

Local Nature Reserves

In central Northampton, there are two Wildlife Trust local nature reserves both of which are well worth visiting. Between Kingsthorpe and Kingsheath is [Kingsthorpe Meadows](#), a picturesque series of meadows meandering along the river Nene with many species of insects and birds including cuckoos and Kingfishers, which can often be seen darting along the river. Close to the town centre is [Bradlaugh Fields](#), a flower-rich limestone grassland reserve, which is part of the larger Bradlaugh Fields Park complex, if you visit at dawn or dusk foxes and badgers are commonly spotted. Bradlaugh Fields also contains [Bradlaugh Barn](#) where the café is again open on Saturday and Sunday mornings.

Natural Minds

Natural Minds are back again with more walks on offer!

- **Barnwell Country Park** on 11 April between 10.30am - 12.30pm. Do you enjoy connecting with nature, meeting people, and learning new skills? Then join this themed walk around the park. £4 per person, booking is essential.

Find out more [here](#).

Man V Fat Football

The Man V Fat Football league is a male-specific programme which was developed in early 2016. By taking the love of football, men are able to lose weight alongside playing the game. Take part [here](#).

