



AROUND THE PALACE

Senior Sports Day Supplement

What a fantastic day Sports Day was! A sea of happy and engaged faces throughout the day and a real sense of community and togetherness!

The first part of the day was the more 'formal' athletics with all students in Years 7 – 10 taking part in one sprint, one jump and one throw.

The High Jump really drew the crowds as participants watched the required technique as demonstrated by Dr Nettel and then followed suit. Particular mention to Lola in Year 8 who broke the Year 8 School High Jump record.

Tianna (Year 8) broke the School Year 8 Standing Long Jump Record with a jump of over 2.50m; there were a number of other students clearing close to and over 2m so well done to them.

Discus, Shot Put and Javelin were closely contended events, all safely delivered by the amazing Old Palace Staff. Kemafo (Year 8) broke the Year 8 Discus School Record with a throw of 19.19m and Tianna broke another school record in the Year 8 Shot Put with a put of over 7.5m.

Seeing students sprinting the 100m and 200m for a place in the final meant there were some really close contests. Well done to all those who secured a place in the finals – they were very close! A number of students competed in the Invitational 800m – a gruelling four laps of the track but completed in style and with great effort.

The formal athletics then took a break while all students, including Year 12, took part in the Fun Participation events; the obstacle course, the big feet challenge and the infamous water race. Again, it was so nice to see so many smiling faces and it was obvious everyone was enjoying being involved.



And then, as with all Athletics Competitions, the morning culminated with the fiercely competitive RELAY events. 4 x 50m. All races were really close and the noise level of those cheering on the sides of the track was LOUD. Loudest of all was for the Annual Staff v Year 12 House Style Relays. Staff and Year 12 had clearly been practising for some time...! Year 12 won the first event and are still relishing their victory – although it was extremely close. They were second in the next race and, this year, no injuries!

After a walk to the Prep field, lunch and the presentation of the House Sports Day Cup, the inflatables fun began. The photos tell the story – lots of energy, enthusiasm, fun and laughter. Students diving into inflatable washing machines or jumping over the 'Last Man Standing' rotating poles, playing human table football, diving through the assault

course, gladiator dualling or bungee stretching – everyone had a great time.

Huge thanks to the students for embracing this fun-filled day and to the staff and Year 12 for their help in ensuring the day ran smoothly and efficiently. It is fair to say that a good time was had by all. Well done to the Old Palace Community.

Alison Smith
Director of Sport





















