



# The Gowerton Goss - Winter Term 2019

*For the pupils, by the pupils*

## Winter Sports Day Write Up!

*In the past Winter Sports Day has been organised by the PE department with no help or input from the pupils. We felt this needed changing and that the year 7 pupils needed to have their say on the activities and how the day should be organised. They came up with 10 activities. Unfortunately with the wet weather we had to reduce these to 5. Pupils also selected some healthy snacks which they felt would help them perform better in the day, the canteen did their best to include these on the day.*

*I hope the pupils had an enjoyable day during which they had different activities which we do not normally include in our usual PE lessons.*

*Throughout the day we saw good team work, working together in the team activities supporting and encouraging each other. I saw this in Kurling where pupils were congratulating each other and taking pride in their team-mates successes.*

*I am looking forward to reading the reports from the journalists and reporters to find out if the canteen menus were a hit and what we need to change to prepare for our Olympic Day in the summer.*

*Well done to year 7 on an enjoyable day it was good to see how enthusiastic you've been in preparing and participating on the day.*

## The Organiser -

### Mrs Davies



### **Winter Sports Day Reporting Team**

Harley McCarthy — Keira Davies — Ella Harris — Molly Meredith — Vanessa Bond — Anna Bebb — Lauren Fuller — Ellie McLaren — Neva Wilson — Kaela Barnett — Lowri Burns — Abbie Gillard — Lames Vickers — Maddison Murphy — Isabella Smith — Oliwia Pawlowska — Noah Johns — Emily Woodcock — Brandon Hoskins

# JUDO

## WHY DO JUDO? AN INTERVIEW WITH MISS LEWIS

**What will a new Judoka be learning if they start regularly going to a club?**

A new judoka can expect to learn a number of throws and hold downs if they started attending a judo club regularly. They could also expect to make lots of friends! As although judo is an individual sport, you need to work together in order to perfect the movements.

**If I am interested in joining a judo club, how would I go about joining one?**

If you're interested in joining a judo club you can either ask Miss Lewis to direct you to your nearest club or search up your nearest club online @ Welsh Judo Association.

**Why would you suggest Judo to somebody?**

I would suggest Judo to somebody because it's a great way to get mentally and physically fit. Judo is a contact sport so it allows you to work on your fitness and develop all your muscle groups. However, it is also a mentally challenging sport as it teaches you to be disciplined, respectful and resilient; which are all qualities you need in life and work!



## PUPIL VIEW FROM THE DAY!

"Fun"

"Better than Gymnastics"

"Enjoyable"

"Challenging"

"I have had loads of fun trying Judo. Its good to try something new and I am really enjoying just giving it a go!"

"As a rugby player I can see how Judo could improve some of my technique and skills on the pitch." One pupil said "I have really enjoyed Judo so far."





# BASKETBALL



## PUPIL VIEW FROM THE DAY!

*“Excellent moving around the court and getting the ball. Really fast game.”*

*“Great playing with friends, would like more time to play in school!”*



## TEACHERS VIEW-POINT:

*“Good participation, players are keen to get on the ball and play!”*



# DODGEBALL

## PUPIL VIEW FROM THE DAY!

"I love dodgeball!"

"Great sport that has a lot of running, and sidestepping."

"Even though my team lost, we had so much fun playing dodgeball!"

"Dodging the ball is an amazing adrenaline boost!"

"The sport is great. We have all had a good laugh and I hope we can play more of it at Gowerton!"



"Dodgeball is a great sport to keep you active and healthy, even if it is a bit noisy!"

"The best game ever!"



## TEACHERS VIEW-POINT:

"The fact the pupils are going out and trying something new is great and we are all really happy with the response. They are all trying so hard and everyone is trying so hard!"



# KURLING



## PUPIL VIEW FROM THE DAY!

"Everyone is taking part and working as a team"

"I like it, it's totally different!"

"The most fun and frustrating thing I have done today!"

"One pupil said "Its really fun. I like how we have groups, so it is more of a competition. There is nothing negative that I can think of."



## TEACHERS VIEW-POINT:

"I think the pupils have been excellent!"

"Loved the participation and enthusiasm."





# DANCE

## WHY DO DANCE? AN INTERVIEW WITH MISS B!

**What should somebody do if they are interested in dance?**

Decide on the style of dance you'd like to learn. Go to different dance classes for taster sessions. Some dance schools offer a free trial or a class at a reduced rate for first-timers. Once you try a variety pick the style you enjoy the most. Or even better, pick a few styles!

If you'd like to pursue dance professionally make sure you also take ballet classes as it is a core foundation for any dancer and teaches you flawless technique.

**Is there a school activity for dance?**

Yes, we offer dance club during lunch on Mondays and Tuesdays in the Sports Hall and on Fridays in the Drama Studio.

We also offer after school dance on Tuesdays and Thursdays 3pm-5pm in the A block Gym.

Anyone can join at any time. If you'd like more information just ask for me at the staff room during break time or send me an email.

You can bring your own comfortable clothes to dance in, it does not have to be a PE kit. Bring plenty of water too!

**Why would you suggest dance to somebody?**

Dance is a fun way to keep fit and healthy. It makes a person more aware of their own body, develops special awareness and coordination. It also teaches patience and resilience.

There are times when you can't get the move right or remember the timing which can be very frustrating but these little failures make you stronger. It's important for young people to realise that there is nothing wrong with failure. It's a natural part of the development process. Then, when you finally get it right, you get rewarded with a sense of great achievement.



## PUPIL VIEW FROM THE DAY!

"Really enjoyed it and loved the creativity, it is very unique."

"I love the sharp movements and the different music."

"It is great for making friends and it is very active and can make me fitter".

"Great for exercise and great fun!"

"It's awesome!"



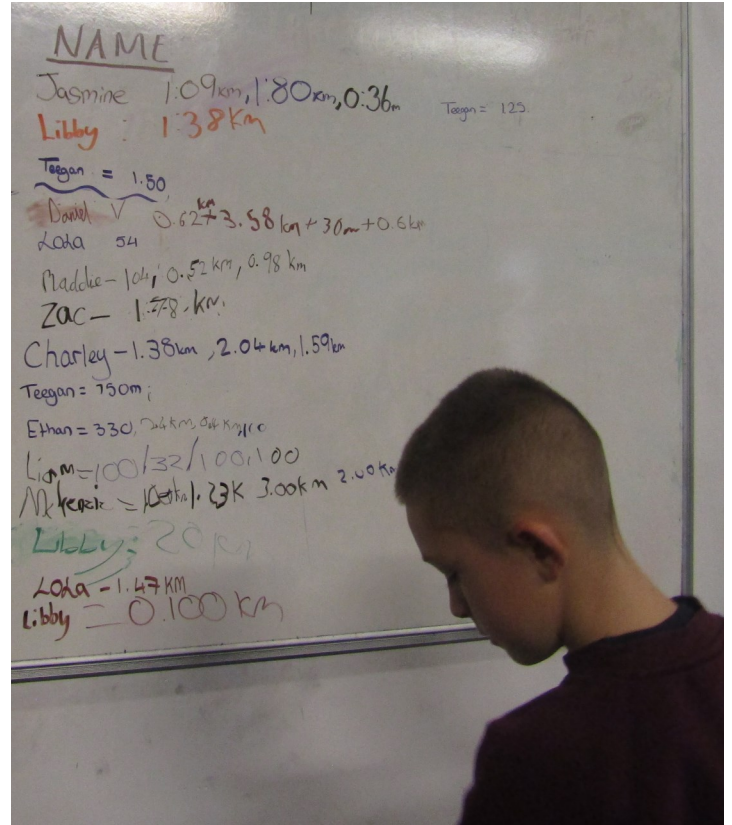
# WEIGHTSROOM

## PUPIL VIEW FROM THE DAY!

"My favourite was the skipping. Out of breath, working hard, really enjoyed."

"It was very tiring but loads of fun. We had a go on everything and took them in turns. It was all for the rickshaw challenge and we all enjoyed."

"I loved the challenge, I have a stitch, it was great!"



## Student Newspaper Needs You!

The student newspaper is looking for more pupils to help develop the content the newspaper currently delivers.

Whether you are a photographer, have an interest in writing articles, want to help write debates or have an interest in something you want to appear in the newspaper, then come along to **A10** every **Monday Lunchtime!**

Bring your lunch.



## Editorial Team

Debate editors	Kiera James, Evie Davies, Kitana Richards
Photographers	Ben Rashbrook,
Club editors	Brandon Hoskins
Technology News	Grace Treseder
Puzzles editors	Grace Treseder, Rebekah Owen-Gambell
Jokes / Memes	Ben Rashbrook,
Interviews	Ellie McLaren, Grace Webb
Advice columnist	Ruby Zaire, Zuzanna Ciezka
Stories / poems	Maria Abid