

# SPORTS NEWS



## Gymnastics

On Sunday 22<sup>nd</sup> March, The James Young High School took part in the Scottish Schools Gymnastics Finals at Bell's Sports Centre, Perth. This was after coming top in the West Lothian heats.

The competition is a team competition with each team consisting of 3 – 4 members. The gymnasts are required to perform a linking sequence on the floor comprising of either six or eight moves - depending on the level they are working at. Moves include jumps, balances, rolls and acro skills. They are also required to perform two vaults ranging from a simple tuck through to a handspring.

There were over 50 schools from all over Scotland taking part in this event and all schools put in a great amount of effort which showed in terrific performances. The gymnasts were highly successful at last year's event culminating in a bronze team medal and we hoped to do even better this time. We were all delighted when listening to the results to learn that we gained silver overall in both Level 1 and Level 2! This is a fantastic achievement. Well done to all gymnasts who took part.



## Karate

Ailsa Stryke (S5) attended the West Lothian Council 'Celebrating Sport 2008' ceremony held at Houstoun House on 27<sup>th</sup> February 2009. Ailsa was awarded the Young Sports Person Award 2008 for her outstanding success in Karate.



## Football

Some of the S1 boys and girls had a chance to go to a coca cola 7's football tournament in Saughton, Edinburgh. The boys won 1 of their matches. They did very well and were pleased with their efforts. The girls didn't win any of their games but they had a surprise in store, they got to go training with Gary McKay. They had a great time.

In other football news the u15's squad lost 3-0 in an exciting match against West Calder on Friday 20<sup>th</sup> March.



## **Basketball**

The senior boys went to Bathgate for a basketball tournament on Friday the 13<sup>th</sup> March. Though it is said to be an unlucky day, the boys won 2 of their matches. They did very well and everyone was pleased with their efforts.



## **Primary Festivals**

We have had a range of festivals taking place here at the James Young for local primary schools to attend.

Firstly we had a **Basketball Festival** on Thursday 29<sup>th</sup> January at The James Young High School for P6 pupils. All five cluster schools took part and got the chance to play one another and demonstrate the skills that they had practised during taster sessions. These tasters were given prior to the event, run by their school P.E specialists, school staff or coaches.

Each school was also given a certificate of attendance and invites to take the sport a bit further if they wish at a Basketball Club based in Bathgate.

Next on the calendar was a **Handball Festival** for P5 pupils on Thursday 19<sup>th</sup> March. Again this event took place at The James Young H.S.

Special thanks should go to the P.E Dept at the James Young for allowing use of their facilities for the afternoon. This meant that primaries were able to walk and enabled money that would have been spent on transport costs to be put to better use.

The next scheduled events for the cluster primaries are:

**Cross Country (P6)**, Tuesday 26<sup>th</sup> May – Lanthorn/Dedridge Park

**Highland Games/Athletic (P4)**, Thursday 7<sup>th</sup> May – Lanthorn/Dedridge Park

## **After School Events**

Lots of after school activities run in school including:

- |             |            |                      |                |
|-------------|------------|----------------------|----------------|
| *Gymnastics | *Rugby     | *Fitness and weights | *Cricket       |
| *Football   | *Badminton | *Swimming            | *Girls fitness |
| *Dance      | *Weights   | *Tennis              |                |

Pupils who wish to take part in any clubs and teams need to have a Sport passport, details of which can be provided by the PE department.

The School's **Active Schools Co-ordinator** is **Kim O'Connor** who is responsible for a cluster of primaries as well as the high school. Kim can be contacted at the school or by e-mail on [kim.o'connor@wled.org.uk](mailto:kim.o'connor@wled.org.uk) or 07917 078448

*Special thanks must go to our budding sports reporters Jamie Hay (2SS) and Callum Roach (2JL) for the contribution they made to this report.*