

4 reasons why Mac is slow

Wondering why your Mac is getting slow over the time? Learn more now.



Worcester Observer



HEADLINE
SUBSCRIPTION



LIKE US ON
FACEBOOK



NEWS

SPORT

ENTERTAINMENT

JOBS

PROPERTY

DIRECTORY

WEATHER

E-EDITION

MORE



Christian Malcolm gives top tips to village schoolchildren

NEWS Updated July 2nd, 2014 by Jonny Bonell

Christian Malcolm Claines

AN OLYMPIC athlete gave youngsters some top tips on how to stay fit and active when he paid a visit to Claines First School.

Christian Malcolm attended the school last Friday (June 27) to conclude 'Fitness Fortnight', which started on Monday, June 16, and was part of a Team

POPULAR STORIES

FT: Worcester City 2-1
Greenwich Borough



Worcester Observer Baby
Photo Competition: 0-17
months – time to pick your
favourite



Ex Hurricane Gonzalo set
to hit Worcester overnight



Council apologises to
drivers after surveys cause
huge tailbacks across
Worcester



Man punched and kicked
wife in jealous rage over
texts



HEADLINE
SUBSCRIPTION

Superschools event.

The jam-packed activities kicked-off with a flag-waving opening ceremony and sports throughout the 14 days included a relay, a climbing wall, archery, Zumba, street dancing, Tri-Golf, hula hooping and bell boating.

Year 4 pupils also paid a visit to Grand National winner Pineau De Re to watch him train.

Welsh 200-metre sprinter Malcolm gave a half hour presentation to students, before he raced against some of the school's fastest children.

"For me things like this are very important for youngsters" he said. "That's where it all starts, that's where it's all bedded in.

"Growing up as a youngster sport was key, sport helped me stay fit, stay disciplined, stay on track and has given me great opportunities.

"It's sad to hear so many schools don't really participate in sport or don't have the resources or the backing.

"Sport is just as big an education as your maths and English and I think it's fundamental. It teaches you discipline, teamwork, how to win and more importantly how to lose and how to come back from adversity, which is needed in every day life."

The first school dedicate a week every year to sport-specific activities, but with the Commonwealth Games just around the corner, they doubled the duration.

Laura Skelton, PE co-ordinator, said she was hopeful the funds raised from this will be more than £1,000.

Headteacher Martyn Walley added: "The whole of Fitness Fortnight has been inspirational and the visit by Christian Malcolm has re-enforced everything that the children have learnt and enjoyed.

"Sport and fitness will continue to be of highest



FOLLOW US ON
TWITTER



LIKE US ON FACEBOOK

AUTOGRAHER



The world's
first intelligent,
wearable camera
is here.

Find out more

priority at the school.”

2

17

