



Sports Edition

Monday, October 30, 2023

A Remarkably Athletic Week!

The Annual Sports Day Leaves a Lasting Impression!

As last week began, there were clear signs that it would be a physically and mentally demanding week for the FK Kindergartners and primary students. We were well aware of the upcoming sports day and had been tirelessly preparing for it. However, what remained hidden from our initial perception was just how enthusiastic and prepared the parents were for the day. Everything unfolded on the big day!

Friday, October 27th, 2023, came as the much-awaited Sports Day. Kindergartners, along with their primary counterparts, were divided into the traditional Houses: Lions (Yellow), Tigers (Green), and Leopards (Blue). They engaged in spirited competition while upholding a remarkable level of sportsmanship.



Kindergartners competing in a 25m flat race

Credit goes to our dedicated coaches who orchestrated an array of thrilling games, demanding physical agility, endurance, speed, teamwork, and acute alertness. The youngest participants, the Kindergarteners, set the stage with their 'bossy' speed, ranging between 1 to 2 km per hour in the flat races. The Yellow House dominated the Kindergarten section, securing 1st and 2nd positions in most races and challenges. The Blue House followed closely, gaining a few points, while the Green House appeared to have a slower start in accumulating points.

The Yellow House maintained its winning streak when the lower primary students, Year 1 and 2, joined the games. As the day progressed, the Blue and Green Houses intensified their efforts, challenging the dominance of the Yellows.



Yellow House parents closely following on the competitions

While the Yellow House's young athletes thrilled the audience on the field, their parents, who had turned up in full force, were equally enthusiastic. They passionately cheered on their children, employing various motivational techniques, most notably, the resonant vuvuzela. The Lions were roaring with pride! Meanwhile, the Blue House adopted an unofficial 'VAR' approach to record events, though the judges weren't quite ready to embrace it.

As Isaac Newton once rhymed to make a theory, "For every action, there is an equal and opposite reaction," the Green House began to show a surge in performance from Year 3 to 6 in flat and obstacle races. The Green House soon claimed first place in several challenges. This, however, did not dampen the spirits of the Yellow House parents, who continued to show unwavering support.

To conclude the day of intense competition, both female and male parents and staff from FK engaged in a showdown. They competed in 100m flat races, balancing games, and the bottle flip challenge.



Parents enjoying the sports day activities

As the day drew to a close, suspense hung in the air, mixed with both excitement and a touch of uncertainty for each House. Following the medal ceremony, the Head of the Primary School, Ms. Irene Muthemba, addressed the crowd and announced that the Blue House secured third place, the Yellow House took the runner-up position, and the prestigious trophy was awarded to the Green House.



The Green House receiving their trophy

The Green House celebrated their back-to-back championship with unbridled joy and affection. While the Blue House gracefully accepted the results, the Yellow House hesitated briefly, expressing their ‘managed disappointment’ and letting the Green House know that they will not land their hands on that trophy anytime soon for the Yellows are going to make a triumphant return in the near future competitions. Until then, the records are set, and we eagerly await what the future holds.

Other events



Under-9 Footballers Triumph in the Dar International Schools League Cup Over the Weekend!

Following a thrilling Friday, the under-9 FK footballers embarked on another remarkable journey. They capitalized on their physical prowess from regular training and perhaps honed some skills from the Sports Day rehearsals. The FK Football stars didn't just win the cup; they did it in remarkable style.

They began by defeating IST with an astounding score of 6-0, followed by a hard-fought 0-0 tie with DIS. DIA faced a daunting 4-0 defeat at the hands of our young stars, who advanced to the quarter-finals. There, they overcame Baybridge with a resounding 2-0 victory, earning them a spot in the semi-finals. Despite the fierce competition from Braeburn, who had the home advantage, the FK stars shone even brighter, claiming victory with a 3-0 score.



FK Football Stars celebrating their DISL trophy

The final match was nothing short of intense, yet our boys displayed unwavering confidence and exceptional endurance. With instructions and support from parents and other enthusiastic fans, our young athletes secured a hard-fought 2-1 win against the French school, clinching the prestigious under-9 international league cup.