Jenna Downing (world champion inline skater) and Kristian Thomas (commonwealth gold and Olympic bronze gymnast) entered the media room and immediately started to chat with us. After agreeing that England were going to win the world cup we began to ask our questions.

“For how many hours a week did you train” we asked. “30 hours” came the reply from both of them. They also both said that on Sundays they have a rest day to wind down and as Kristian said “play on the PlayStation”. This then prompted “what is you perfect Sunday lunch.

Jenna, coming from Yorkshire, told us that she must have a large Yorkshire pudding to put everything in. Once we had laughed at this, we returned to the serious question of sport, more specifically how to know which sport is for.

Kristian started by saying that you need to find a sport that you enjoy and that you want to do and something that made you feel unique.

We then left to have some photos and selfies as well as a signed photo of them. With them leaving we ran towards the opening ceremony, it was about to begin.
To start off the amazing day the stage held the opening ceremony. The show was started with an amazing dance performance from the Chase Terrace Technology Collage dance club. The group have been dancing for multiple years from one dancer started at the age of two and others for 3 years. Even though it was only the start of the day the girls all agreed that they are loving it all with one performer stating “That this event is really good”. With them wanting to visit the gymnastics and the Paralympics they left to check out all the activities.

Once the dance had finished Bella, Christina and Mark came on stage to welcome all the students, teachers and spectators to the event. Once they had introduced them selves the second dance group of the ceremony Prism came onto the stage and got all the children up and dancing with them. Hype, floss, orange justice and lots more dance moves were shown by either prism or the children enjoying themselves. Some children from Sutherland said that “Our favourite part of the opening ceremony was the dancing because I can join in and dance my self.”

With the introduction of the special sporting stars (Jenna Downing, Kristian Thomas) on the stage and them informing the audience on how they became who they are today and how “exciting of an opportunity for all the children this event is”. All the audience and staff jumped up to warm their bodies up on this sunny day. The crew on the stage showed all of us what to do to the music provided by the DJ. The leader pointing out some people who were either not joining in or not pulling their weight, but putting smiles on all the faces there.
The events of the Paralympics were over, leaving room for the Athletes village to commence. A plethora of event had started and were open to everyone. From the circus to face panting, this place had a lot to offer.

When I arrived I asked people how they thought that the day was going and they all said that this was one of there favourite parts. People smiling and having fun was all that could be seen in this room.

I then met up again with Kristian and Jenna and questioned them about what they thought about the day.

“Absolutely Fantastic” Jenna exclaimed “what a great opportunity for young people to get involved” Kristian replied with the same answer, whilst also adding that he thought “it was great to see kids trying out new sports”.

An all round great day for all those involved in organising and participating in any of the great events. So as the day drew to a close I asked our sporting star, Kristian Thomas, one final thing. If you could summarise the event in one word what would it be. He replied

Inspiring!!!