



I wonder what your memories of sports day are. Finding hidden skills with an egg and spoon? Trying to stay upright in the sack race? Choosing a three-legged race partner that isn't a foot taller than you?

At the end of term we had our Sports Enrichment Week and what a week we had! On Monday we had Circus in a Day visit. We learnt gymnastics ribbon routines; walked the balance beam; tried pedal-goes and flower sticks; learnt to balance a peacock feather in various positions, spin plates and do tricks; we tried the diablo, poi, hula hooping and juggling.

On Tuesday we tried out Sumo wrestling. The protective Sumo wrestler costume gave us the freedom to really let ourselves go and tackle our opponents with vigour before inevitably rolling around laughing...literally!

On the Wednesday we enjoyed a fabulous Sports Day. The whole school gathered together in their house teams to have fun, to work together in various fun physical activities and challenges in the morning and compete in different races in the afternoon.

On Thursday we had yoga lessons. Not only does yoga improve balance, strength, endurance, and aerobic capacity in children it also improves mindfulness and offers psychological benefits for children as well. The children responded well to both the physical element and the mindfulness challenge.

On Friday we learnt skipping skills. Children (and adults!) had skipping ropes with counters on and had an initial skip to set a score which they then had to beat. I think the adults were the most competitive!



In addition to our multitude of sporting activities we also linked sport to PSHE, focusing on resilience, personal strengths and teamwork, for the real importance of sports day in school is what it does for the spirits and camaraderie of the school community. Team sports are known to encourage a healthy level of competition and also collaboration as the children work together to achieve a goal. It is a great time for the children to practise supporting each other through both successes and failure.

What's more, it is an opportunity for children who don't enjoy academia, but who are skilled in sports, to really celebrate their achievements, and receive some recognition from their classmates.

The importance of a sports week in school cannot be overstated. It is a moment in the calendar to celebrate extra-curricular activities and to demonstrate that school is about more than just academic achievement. It is also about being part of a supportive and productive community. Furthermore, it creates unique memories that stay with us forever.

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