

Pupil Voice – PE Enrichment Week 2023 **A Week of Movement, Resilience, Teamwork and Joy**

Sports Enrichment Week 2023 was bursting with energy, enthusiasm and laughter as children explored a range of physical activities linked beautifully with PSHE themes, including resilience, personal strengths, and teamwork. Every class tried something new, and pupils reflected proudly on how they challenged themselves and supported one another.

Here is what they told us...

Circus in a Day – Monday

From scarves and ribbons to diabolos, flower sticks, hula hoops and balance beams, children experienced an exciting range of circus skills.

- “I liked walking on the beam - it felt like flying!” (EYFS)
- “Spinning the plate was hard but then I did it!” (Year 1)
- “Balancing the feather made me concentrate.” (Year 3)
- “The diablo was my favourite - I finally got the trick.” (Year 5)

Sumo Wrestling – Tuesday

Giggles, grapples and resilience in giant inflatable suits.

- “I fell over straight away and it was so funny!” (Year 2)
- “You could wrestle safely so everyone could try.” (Year 4)
- “I’m not sporty but I loved this.” (Year 6)

Sports Day – Wednesday

Despite ominous weather, the children shone during their carousel activities and afternoon races, showing teamwork and personal determination.

- “I liked trying every station with my house team.” (EYFS)
- “We cheered for people from all houses.” (Year 2)
- “I set myself a target and beat it in the race!” (Year 4)
- “Sports Day showed we don’t give up.” (Year 6)

Yoga – Thursday

A calm, mindful day designed to strengthen balance, focus and wellbeing.

- “Yoga made my body feel stretchy.” (Year 1)
- “The breathing helped me feel calm.” (Year 3)
- “I liked holding tricky poses - it made me feel strong.” (Year 5)

Skip2Bfit – Friday

Skipping challenges encouraged children to build stamina and aim for personal improvement with counters measuring progress.

- “I beat my first score!” (Year 2)
- “Skipping is harder than it looks - but fun!” (Year 3)
- “I want to practise every morning now.” (Year 5)
- “We were all trying to beat our scores - even the adults!” (Year 6)

Whole-School Reflections

Across all classes, children said:

- “I tried things I’d never done before.”
- “I liked that it wasn’t just normal sport.”
- “Everyone could join in.”
- “I felt proud of myself.”
- “We worked together like a team all week.”

Summary

PE Enrichment Week 2023 inspired confidence, resilience and joy across the whole school. Children embraced challenges, celebrated each other’s achievements and discovered new ways to be active - showing how sport supports both physical and mental wellbeing.