

**Pupil Voice – PE Enrichment Week 2024**  
**A Week of Strength, Laughter, Movement and Confidence**

PE Enrichment Week 2024 was an incredible opportunity for every child to find joy in being active. With a wide range of exciting activities - from karate to circus skills, sumo suits to street dance - children discovered that physical activity can be fun, creative and confidence-boosting for *everyone*, not just the sporty.

Here is what our pupils said...

**Karate with Jun Shihan Fincham – Monday**

Children learned focus, discipline and strength through traditional karate drills and movements.

- “I felt strong doing the blocks.” (EYFS)
- “I liked holding my stance — it made me feel powerful.” (Year 1)
- “Karate taught me to concentrate really carefully.” (Year 3)
- “The push-ups and sit-ups were hard, but we didn’t give up.” (Year 5)
- “Shouting ‘Oss!’ with the whole class felt amazing.” (Year 6)

**Sumo Wrestling, Zorbing & Nerf Games – Tuesday**

A day of laughter, rolling, bouncing and friendly competition.

- “I rolled over and couldn’t stop laughing!” (Year 2)
- “The suit was so big I could hardly walk — it was brilliant!” (Year 1)
- “Zorbing was silly but fun — we all joined in.” (Year 4)
- “Nerf games made us work as a team.” (Year 6)

**Sports Day – Wednesday**

With sunshine overhead, the morning carousel and afternoon races showcased teamwork, courage and the joy of taking part.

- “I loved cheering for my house.” (EYFS)
- “I tried every activity even if it felt tricky.” (Year 2)
- “Setting personal targets helped me feel proud.” (Year 4)
- “It didn’t matter who won — everyone encouraged each other.” (Year 6)

Children linked their efforts to Growth Mindset, showing resilience, bravery and positivity whether they succeeded or stumbled.

**Urban Strides Street Dance – Thursday**

A motivating, energetic workshop where every child found freedom and confidence through movement.

- “I loved dancing with the loud music!” (Year 1)
- “I made a cool shape with my arms — I looked awesome!” (Year 3)
- “Street dance made me feel confident.” (Year 4)
- “We really expressed ourselves and it felt good.” (Year 6)

**Cheerleading Workshops – Friday**

Each class learned cheer skills, combining dance, gymnastics and teamwork to create their own routines.

- “I liked shaking the pom-poms!” (EYFS)
- “Our chant was the best!” (Year 2)
- “We had to trust each other in our routine.” (Year 5)
- “Making up our own cheer was my favourite part of the week.” (Year 6)

**Whole-School Reflections**

Across all year groups, children described the week as:

- “Fun every single day!”
- “A chance to try new things.”
- “Good because everyone could take part.”
- “I felt brave doing something new.”
- “We worked together and it made me feel proud.”