

PE Enrichment Week 2024

We have reached the end of another fantastic PE Enrichment Week, and what an inspirational, energising and inclusive week it has been. This annual event is a key part of our wider commitment to promoting physical health, emotional wellbeing and positive attitudes to sport for every child, not just those who identify as “sporty”.

The importance of introducing children to a broad range of physical activities cannot be overstated. By offering accessible, enjoyable and diverse experiences, we aim to ensure that every pupil - regardless of confidence, competitiveness or physical ability - can find success, enjoyment and pride in movement. PE Week supports pupils' physical and mental wellbeing, encourages them to recognise their personal strengths, and helps them grow in resilience and confidence.

Monday – Karate with Jun Shihan Fincham

We began the week with an outstanding karate workshop delivered by Jun Shihan Fincham. Karate provides a unique blend of discipline, physical skill and mental focus, and it was impressive to see how well the pupils engaged with the challenge.

Children worked hard to maintain correct stances, positions and control - key elements of karate practice. Owl Class particularly shone, excelling in their sit-ups, push-ups and powerful choruses of “Oss!” which brought great energy and enthusiasm to the session.

Tuesday – Sumo Wrestling, Zorbing and Nerf Wars

Tuesday delivered a day of high excitement and laughter. Pupils tackled Sumo wrestling in full padded suits, giving them the confidence to compete with energy and joy before inevitably rolling around in fits of laughter.

The fun continued with zorbing, where pupils experienced the thrill of bounding, bumping and rolling around inside giant inflatable balls. It was silly, exuberant and hugely enjoyable - exactly the kind of activity that encourages even reluctant participants to join in.

We rounded off the day with class Nerf gun battles, promoting strategy, teamwork, coordination and communication.

Wednesday – Sports Day

Under glorious sunshine, pupils took part in a superb whole-school Sports Day. The morning began with a carousel of activities designed to stretch pupils' teamwork skills, coordination and perseverance. In the afternoon, children competed in races, giving them opportunities to work toward personal goals set during their recent PE lessons.

A key focus this year was ensuring that every child, regardless of confidence or athleticism, could achieve personal success - whether improving a previous time, completing an event they once found daunting, or demonstrating encouragement towards others.

Throughout the afternoon, it was wonderful to see pupils modelling our Growth Mindset values. Those who faced disappointment showed resilience, and those who achieved personal triumphs celebrated with humility and pride. The camaraderie, encouragement and sportsmanship across all year groups was truly exceptional.

Thursday – Urban Strides Street Dance

Thursday brought rhythm, expression and confidence as Urban Strides led a dynamic street dance workshop. Their motivational and uplifting approach had staff and pupils alike fully engaged, dancing with energy and joy.

Children explored movement, creativity and personal expression, learning that sport is not only about competition - it is equally about confidence, rhythm, and finding your own style. The workshop boosted self-esteem and gave pupils permission to be bold, expressive and proud of their individuality.

Friday – Cheerleading

We ended PE Week with a burst of excitement as each class took part in cheerleading sessions. Pupils blended elements of dance, gymnastics and stunts to create their own mini-routines, complete with signature chants and cheers.

This activity brought together coordination, rhythm, teamwork and creativity, and it was a joy to see how confidently pupils performed and how enthusiastically they supported one another.

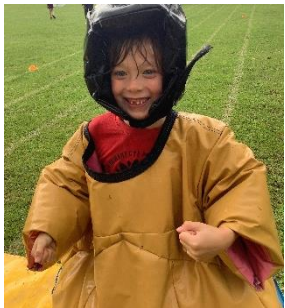
Impact of PE Enrichment Week 2024

This week has had a significant and lasting impact on pupils across the school:

- Increased enthusiasm for physical activity, even among pupils who are not naturally drawn to sport.
- Improved confidence and resilience, with many pupils stepping out of their comfort zones and trying new activities.
- Enhanced teamwork and communication, particularly in group-based challenges such as cheerleading, karate and zorbing.
- Broader understanding of what “sport” can be, supporting inclusivity and long-term engagement.
- Positive mental health outcomes, as children experienced joy, creativity and shared achievement in a non-pressurised environment.

PE Week 2024 has been a celebration of movement, wellbeing, courage and community. Our pupils have risen to every challenge, supported one another beautifully, and shown themselves to be resilient, enthusiastic and proud young people. It has been a privilege to witness their growth, their joy and their unshakeable team spirit.

P.F. Enrichment Week



GRATITUDE RESILIENCE OUTREACH WONDER TRUST HARMONY

Growing together, rooted in God, enjoying fullness of life. (Colossians 2:7)

Sports Day



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