

Sports Enrichment Week – July 2023

What a week we had! Not only did we have a multitude of sporting activities but we have also linked sport to PSHE and focusing on resilience, personal strengths and teamwork.



On Monday we had a Circus in a Day visit. Hedgehog learnt a scarf and a gymnastics ribbon routine, walked the balance beam, tried pedal-goes and flower sticks. Squirrel learnt to balance a peacock feather in various positions, spin a plate and do tricks, juggle three balls between two and tried flower sticks. Fox and Owl learnt to balance a peacock feather, tried advanced plate spinning routines, diablo, poi, hula hooping and juggling.



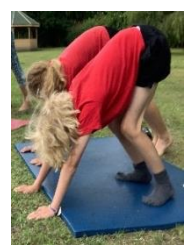
On Tuesday we tried out Sumo wrestling. The protective Sumo wrestler costume gave us the freedom to really let ourselves go and tackle our opponents with vigour before inevitably rolling around laughing...literally!



On Wednesday we enjoyed a fabulous Sports Day, despite the ominous weather. Well done to all our children who worked incredibly hard and demonstrated great sportsmanship and resilience during all of the activities. It was a joy to see the whole school take part, working together in their house teams. Congratulations to Bethlehem for winning, though it was incredibly close between all four houses!



On Thursday we had yoga lessons. Not only does yoga improve balance, strength, endurance, and aerobic capacity in children but 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 had Skip2Bfit teaching us 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. As part of our Personal Development and Welfare programme next year we will be running a daily two-minute skipping challenge alongside the daily mile each morning. The school have invested in skipping ropes with counters for each child to use.

