

Sports Enrichment Week 2025

We have reached the end of another fantastic PE Enrichment Week, a highlight of our school calendar and an important part of our commitment to ensuring that every child, regardless of sporting confidence or ability, experiences physical activity that is engaging, inclusive and enjoyable.

Our aim throughout the week was to broaden pupils' understanding of what it means to be active, demonstrating that physical education is not limited to traditional competitive sports but encompasses creativity, expression, fitness, teamwork, wellbeing and fun. The result was an exceptional week that allowed all pupils to shine, push themselves, and discover new forms of movement.

Circus Skills – Building Confidence Through Play (Monday)

We began the week with a whole-school Circus Skills day - an exciting, high-engagement activity that instantly captured pupils' attention. Children tried their hands at:

- juggling using scarves and balls
- plate spinning
- diabolo
- flower sticks
- balancing on stilts

This unusual PE experience helped pupils develop coordination, perseverance, focus and bilateral movement, while also boosting confidence and creativity. The joy and pride on pupils' faces as they mastered new techniques was a brilliant start to the week.

Sumo Wrestling & Zorbing – Physical Challenge and Laughter (Tuesday)

Tuesday brought even more excitement with Sumo Suits **and** Zorbing. These activities encouraged balance, agility, resilience and problem-solving - all wrapped in fun and laughter. For many pupils, the less conventional nature of the activities created a safe space to be adventurous and physically expressive without fear of judgement.

These sessions were particularly meaningful for children who may not always feel confident in structured team sports, allowing them to fully participate and succeed.

Sports Day – Teamwork, Participation and Personal Goals (Wednesday)

Blessed with sunshine, Wednesday saw a superb whole-school Sports Day. The morning carousel allowed children to try a range of events in a relaxed, supportive setting, while afternoon races brought the whole community together in celebration.

In the lead-up to the day, PE lessons focused on learning each event, building confidence and encouraging pupils to set *personal targets* - reinforcing that improvement and effort are as important as winning.

Sports Day provided clear opportunities to:

- develop cooperation and team spirit
- practise resilience and perseverance
- celebrate personal achievement
- support one another across year groups

The atmosphere was uplifting, and the children approached each challenge with positivity and pride.

Colour Run – Joy, Energy & Whole-School Community (Thursday)

Thursday's Colour Run was a spectacular celebration of movement and togetherness. Pupils completed a carousel of outdoor challenges while clouds of coloured powder drifted around them, culminating in a final run where everyone was joyfully showered in colour.

This event created a powerful sense of community and highlighted the emotional, social and wellbeing benefits of physical activity.

Ballet Workshops – Expression, Technique and Creativity (Friday)

We completed the week with a series of ballet workshops, giving each class the opportunity to explore a very different physical discipline. Pupils learned:

- basic ballet terminology
- foundational movements and positions
- how to express feeling through dance

Using scarves and music, they created short routines, developing coordination, balance, expression, rhythm and confidence. For many children, this was a brand-new experience that broadened their understanding of what PE and movement can be.

GRATITUDE RESILIENCE OUTREACH WONDER TRUST HARMONY
Growing together, rooted in God, enjoying fullness of life. (Colossians 2:1-7)

Impact of the Week

PE Enrichment Week successfully:

- promoted physical and mental wellbeing
- broadened pupils' understanding of physical activity
- built confidence in children who may not enjoy competitive sport
- inspired teamwork, resilience and determination
- encouraged risk-taking in a supportive environment
- strengthened our inclusive approach to PE
- demonstrated the joy that comes from moving, exploring and trying something new

This week encapsulated everything we aim for in our PE curriculum: breadth, inclusivity, enjoyment, and the development of lifelong positive attitudes towards physical activity.

A heartfelt thank you goes to everyone involved, and especially to Mrs Healy, our PE Lead, whose exceptional planning, organisation and dedication ensured a week that children will remember for years to come.

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