

We have been learning all about the importance of trying our best with our sports, even if we find it tricky and saying well done to winners. We call this good sportsmanship.



This week Y1 have had a wonderful sports week!

We started the week completing exercises with Paralympian athlete James Arnett. We even tried to race him but he was quick for us!

We completed a dance workshop with EXIM dance.

We really loved creating our own dance moves.

On Sports Day we enjoyed taking part in races with our houses.

Year 1 Sports week

During Sports House day we created our own healthy eating plates. We made sure we didn't have too much chocolate on our plates.

We also enjoyed Yoga and dancing to help us calm down after an exciting morning.

