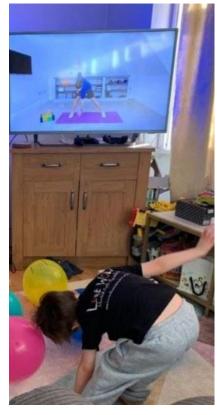


Sports Newsletter Spring Term - 2021



Exercise in Lockdown

We all know how important it is to keep moving and exercising regularly. During Lockdown this proved even harder than normal, but many of you showed how easy it is to keep active at home. Here are some super examples.



Barnaby from Reception enjoying PE with Joe Wicks.

Bo from Year 4 playing some tennis. Ms Daywan's favourite sport!



Lyra from Year 3 is demonstrating how important it is to stretch before and after exercise!



Ryan from Year 1 getting some fresh air playing





Nicolas in Year 5

During the lookdown I have turing been obing all of my Crymnastics to thome and at a park. This has been a bit challen but I have also enjoyed it because I can choose whate workout weekly Routine I do. I have used alot of video's at home to train, like yogo with Julian richales or full body work out on Soam with my gymnastics coach. During the SeSSions I have been doing alot of recuntain workbuts and dismoultain workouts. To train and Brig to I how and Is mins. I was my local parkour park to train parker on sunny days out at my house in my lovining room on raing days. I really like dising it beacause I can train when even I was but I also don't like It because I don't get to have real SebSi on in the gym.

Nicole in Year 6

I enjoyed exercising in lockdown, especially hoola-hooping and trampolining. It was fun and exciting, as I had a few competitions with my sisters, doing skipping challenges and hoola-hooping challenges. Of course there are many other ways to keep fit, but these are some of the many exercises you could complete to keep your body healthy. Exercising is a good way to keep your body strong and in a good condition, even if it's just for thirty minutes a day! Even going on a walk or running around your garden multiple times is a good form of exercise! N*icol*e





