



Sports Newsletter

Spring Term - 2021

Ofsted
Good School

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!



Ryan from Year 1 getting some fresh air playing



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





Nicolas in Year 5

During the lockdown I have ~~being~~ been doing all of my Gymnastics ^{and parkour} at home ~~and~~ at a park. This has been a bit challenge but I have also enjoyed it because I can choose what Workout Weekly Routine I do. I have used alot of videos at home to train, like yoga with Julian richales or full body Work out on Zoom with my gymnastics coach. During the SeSSions I have been doing alot of mountain workouts and dismountain workouts. I do trainy 6 days a week for 1 hour and 15 min to 2 hour and 15 mins. I use my local park to train parkour on sunny days ^{and} at my house in my training room on rainy days. I really like doing it because I can train when ever I want but I also dont like it because I don't get to have real SeSSion 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 skiping 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! Nicole



