

PE & Sports Week

Last week, Danson Primary School enjoyed an exciting Sports Week with a range of activities for all to participate in. We celebrated all things sport, with a week dedicated to all things active. There were six sports days across the week and PE workshops delivered by local coaches and staff too. All were aimed at increasing physical activity, giving all children lots of opportunities to be active and have lots of fun.

Read below to find out more about the amazing activities at Danson:

Cheerleading

We were very lucky to have Natalie from Spartan Sports teach the children about key elements of Cheerleading. She taught the key arm movements such as 'high v' and the children created a sequence to music. They then learnt how to work together to create holds. The children thoroughly enjoyed these activities and worked well to attempt the movements. It was fantastic to see the glee on their faces when they were brave enough to try the next movement.



Yoga (EYFS and Year 1)

Miss Bell and Mrs Kazim taught the younger children in our school about yoga. They learnt new yoga techniques throughout the session which began with breathing methods. They were then introduced to poses that were linked to animals. Finally, they created their own yoga pose and named it something appropriate. The children liked the session and gave some wonderful names to their poses.



Dance (Year 1 and 2)

Dance was taught by Zoe Elliot and was an animal-based dance sequence. The children were moving as different types of animals that were under the sea, such as a jelly fish which can be wibbly-wobbly but can also sting. The children were asked to reflect on how this would look as a dance movement. They then expressed their ideas to the music for their polished performance.



Glow in the dark Dodgeball (Year 2, 3 and 5)

Mr Patel ran glow in the dark dodgeball, which has always been a popular activity. The children used collaboration and communication to work as a team. Their task was to get as many of the opposition out as possible, and work out who the doctor was to get the whole team out. The children loved these competitive elements and really demonstrated their strength in throwing, catching and aiming.



After this, some children had the opportunity to try fencing and were introduced to key principles for this sport. During fencing, children were shown how to stand in the correct position and duel with their partner. Children loved being able to take part in a new sport and many duels were fought with grace and enthusiasm.

Cricket (Whole school)

Each year we are lucky to work with Teach Cricket, who teach our children key principles of cricket that are linked to our curriculum. Each class practised their catching, throwing and aiming skills at their level. Even our younger children in EYFS were practising rolling to hit the wicket, whilst children in year 5 used their bowling skills and moving and catching.



Smoothie Bike (Year 5)

Smoothie bikes is an activity that the children at Danson enjoy seeing happen. The children learn how to make a smoothie and select fruit to add in the mixer. They are questioned about their knowledge of being healthy, the different nutrients and why these are important. They then get the opportunity to go on the bike to make the mixer work. After that, they were lucky enough to taste what they had made - this definitely brought a smile to their faces!

American Football (Year 3 and 4)

Mr Alexis brought his expertise into Danson and taught the children the rules and skills of American Football. He has been playing and coaching for many years and we were lucky enough to learn from these.



Water Sports

Year 6 walked over to Danson Park and experienced the skills on the water. They had a great time trying different activities such as Sailing, Bell Boating and Kayaking,



Teachers were also encouraged to take out their classes for extra PE lessons or to get the children physically active. It was great to see the field and playgrounds being used at all times and it gave everyone opportunities to be outside in the nice weather. In year 4 they were able to participate in a PE lesson as a year group, where they took part in three different sports during the hour.



Sports Days

All year groups competed in sports day in their house colours. Their aim was to compete against their classmates showcasing their physical development. We saw some fantastic jumping, throwing and running by all.

We started on Tuesday with LKS2 (years 3 and 4) in the morning and years 5 and 6 in the afternoon. Again, the weather was perfect for Sports Day, all the children worked hard both individually and as part of a team. It was great to see them compete in such a collaborative and inspiring way. The introduction of the water game was welcomed by the children and they also threw javelins in year 5 and 6 or the hammer throw in year 3 and 4, and shot with a netball. There were some great techniques for long jump and running too!



Next was the turn of Reception; on Wednesday morning a sunny start meant we required plenty of drinks and breaks. Despite the heat all the children did their best and worked really hard. In the afternoon we had the KS1 Sports Day with the largest crowd of the week. Parents and guardians came along to cheer on the children who were motivated to work really hard and had some fantastic results.

Finally at the end of the week, our youngest children competed in the Nursery Sports Day. A smaller event that always ends the week with lots of smiles. Well done to all children involved, everyone was very proud.

Pupil voice

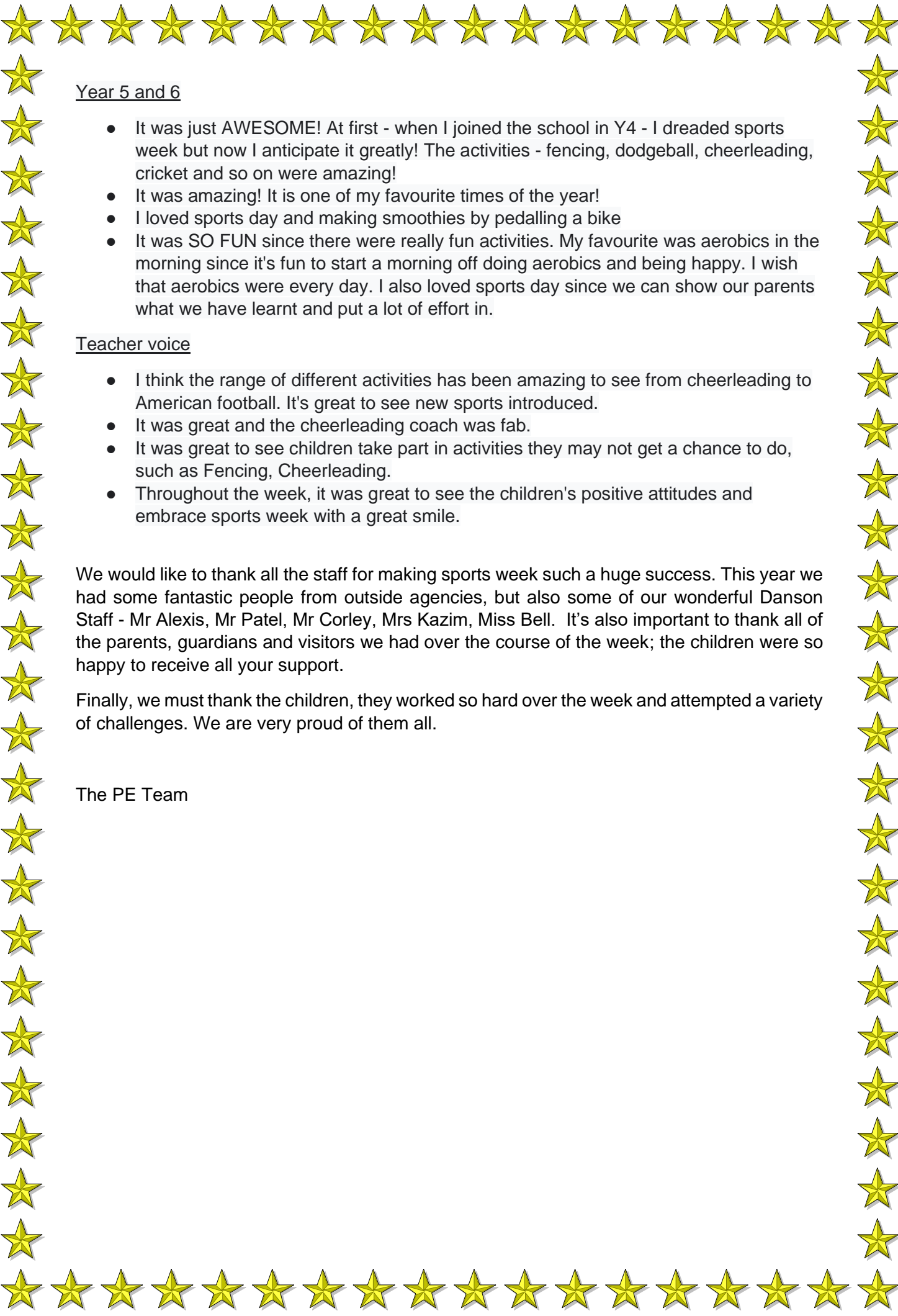
Don't just take our word for it, here is what the children and staff said:

EYFS/KS1

- We liked Sports Week, it was fun. It made us feel happy and excited.
- It was amazing, awesome, exciting, it helped build my confidence, it was fantastic, 10/10.

Year 3 and 4

- I loved it because I really liked the different events that they had this year.
- I think it was very good as they also added more sports and more teamwork sports.



Year 5 and 6

- It was just AWESOME! At first - when I joined the school in Y4 - I dreaded sports week but now I anticipate it greatly! The activities - fencing, dodgeball, cheerleading, cricket and so on were amazing!
- It was amazing! It is one of my favourite times of the year!
- I loved sports day and making smoothies by pedalling a bike
- It was SO FUN since there were really fun activities. My favourite was aerobics in the morning since it's fun to start a morning off doing aerobics and being happy. I wish that aerobics were every day. I also loved sports day since we can show our parents what we have learnt and put a lot of effort in.

Teacher voice

- I think the range of different activities has been amazing to see from cheerleading to American football. It's great to see new sports introduced.
- It was great and the cheerleading coach was fab.
- It was great to see children take part in activities they may not get a chance to do, such as Fencing, Cheerleading.
- Throughout the week, it was great to see the children's positive attitudes and embrace sports week with a great smile.

We would like to thank all the staff for making sports week such a huge success. This year we had some fantastic people from outside agencies, but also some of our wonderful Danson Staff - Mr Alexis, Mr Patel, Mr Corley, Mrs Kazim, Miss Bell. It's also important to thank all of the parents, guardians and visitors we had over the course of the week; the children were so happy to receive all your support.

Finally, we must thank the children, they worked so hard over the week and attempted a variety of challenges. We are very proud of them all.

The PE Team