



Racket Sports



2S and 2R headed to Oxstalls Plock court to take part in a multi-sports event. Our first activity was Athletics, so we paired up and working together they had to throw the bean bag into the hoop. Each time the bean bag landed in the hoop, their partner would flip the hoop over. The first group to the red line was the winner. Then we did some jumping, again working in our pairs we had to carefully jump over the hurdle. Then we did a relay race, again in groups of 4 we had to work together by running and put a bean bag into the hoop. They all worked very well together and cheered each other on.

Then we moved on to Boccia, something that we all have a lot of experience in playing. So we were able to demonstrate our skills from our P.E. lessons. Splitting off into two groups we played several games.

Heading off to dance we all warmed up our bodies before following the instructors dancing along to some great songs. Then we had the chance to dance using rhythmic ribbons. Learning how to do moves like the rainbow, the big circle and moving the ribbon like a snake.

Then our last activity was racket sports, so we used a variety of rackets and balls. We warmed up practicing how to balance the ball on the racket and bouncing the ball on the racket while walking around. Then we had a BIG competition pupils verses teachers and helpers. Having to balance the ball on the racket walk towards the net, hit the ball over the net, get the ball back to the next person to have their turn.



Dancing



Athletics



Boccia

