

Infant sports day

Interviewer: Heidi

Interviewee: Alice

What activities did you do?

Skipping

Throwing Javelin

Kicking a ball into a goal

Balancing cups of water in their heads then racing to fill a beaker

Running race

Dribbling ball around cones



What did you enjoy?

Meeting new people

Teamwork

Good exercise

The races were fun



How could it be improved?

More people of the same age for the smaller activities

A larger variety of games

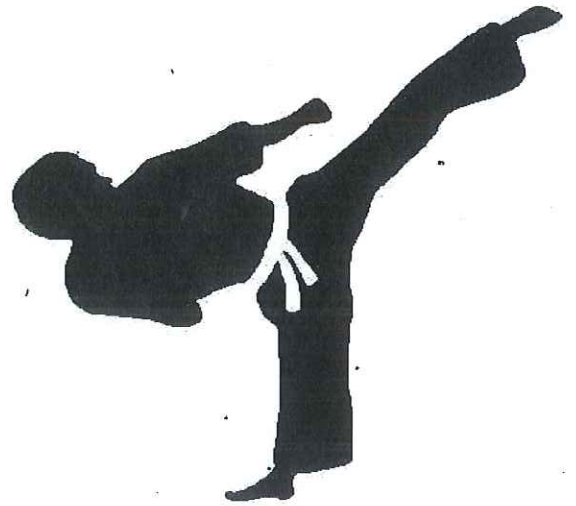
More games where everyone joins in

What was your favorite activity Alice?

Skipping - 'I was good at it and it was very fun'

Hokey-Cokey - 'We got to play with lots of different schools and make friends'

MARTIAL ARTS



On a Wednesday evening some
Children from our school attend a Martial
Arts class at Hope Cement Works.

Our teacher is called Stan, he has a black belt!

We mostly learn about blocking, self-defence and
attacking.

We learn lots of skills like how to warm up properly and
looking after our hearts, we have learnt a special skipping
technique and different ways to balance, some are really
tricky!!!

My best warm up is a quick game of football.

We are getting graded very soon so we will all earn our
first belt which will be white with a red stripe.