

Spring 2 Sports Newsletter 2018

Keep fit and healthy day

08.03.2018

On the 8th March 2018 was Sacred Heart's first Keep fit and healthy day. The whole school came in ready to learn about how they can keep fit and healthy. We were very lucky to have many visitors who ran many workshops for the children.

The workshops included:

- Wigan Athletic - (Years 5 & 6) the children learnt about healthy hearts and were also taught how to carry out CPR using dummies.
- Healthy wraps - children made their own healthy wraps using a variety of ingredients and they were shown the healthy plate learning about the different food groups.
- Skipping - children were shown how to skip forwards and backwards and were shown different techniques they could use in the playground.
- Frisbees - children were shown how to hold and throw a Frisbee. They had a mini competition to see who could throw their Frisbee the furthest.
- Smite - children learnt how to play a new game similar to skittles. They had to use mental addition to tally up their scores.
- VX - another new game were the children used a net to through tennis balls, the team has to score points against each other by dodging them.
- Mindfulness – Children listened to calming music and coloured in intricate designs, they were asked to think about their breathing.

The whole school had a fantastic day.



