



Year 1 Visit- Festival of Sport

In the Autumn term, Year 1 were invited to take part in the Festival of Sport at Derby Arena and the Derbyshire Tennis Centre.

1R were the first class to go and took part alongside other schools within Derby. We were super excited to go on our first coach trip of the school year and the excitement did not stop there! We took part in a range of warm up activities that were easily accessible to all. Children were split into teams and had the opportunity to learn new skills with the experienced coaches close by to lend a hand.

1B had the excitement of travelling on the top deck of a double decker bus to their sporting venue (Derbyshire Tennis Centre). Due to unforeseen circumstances the other schools were unable to make it, however this did not dampen the children's spirits and they were able to maintain enthusiasm, energy, and resilience for the whole two hours!

The children took part in a variety of different skill- based activities that built upon those we have already begun to learn in Year 1 such as: using the space, stopping on demand, changing direction, sending, and receiving, partner work and being part of a team.

The children felt the effects of all their hard work on their heart rate and bodies and more than a couple of them mentioned how tired they felt the next day. It provided us with the perfect opportunity to remind the children about the importance of exercise on their Health and Well-being.

When we returned to school, we found the visit had provided us with plenty of opportunities for speaking and listening and extending our vocabulary. First hand experiences are so important in Primary school and are children were keen and eager to write a recount about their day.

