

SPORTS & WELLBEING

Week 2026

Despite the exceptionally hot weather, we had a fantastic Sports and Wellbeing Week, and the sunshine certainly didn't stop us from enjoying a week full of fun, learning and physical activity! Throughout the week, the children embraced every opportunity to challenge themselves, develop new skills and focus on both their physical and mental wellbeing.

Our exciting programme of enrichment activities included cardio drumming, water safety education, dance enrichments, netball taster sessions and a range of fitness challenges, all of which were thoroughly enjoyed by the children.

They also completed Personal Best challenges, explored important water safety messages during Water Safety Day and enjoyed a variety of mindful activities designed to promote relaxation, resilience and positive wellbeing.

The week also included our annual Sports Day, which was a fantastic event. It was wonderful to see so many families come along to cheer on the children, creating a fantastic atmosphere of encouragement and celebration. Every child demonstrated determination, resilience, teamwork and excellent sportsmanship, whether they were racing, supporting their classmates or simply giving their very best. We are incredibly proud of all of our pupils—they were all absolute superstars, and together they made this year's Sports and Wellbeing Week one to remember!