

# Knutsford Schools' Sports Newsletter

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Thursday saw the KSSP organise an Olympic athletic event for Reception children at Egerton Youth Club.

## Reception Mini Olympics

40 plus reception boys and girls took part in six different sporting activities that tested their; balance, agility, speed, accuracy and strength.

- **Sprint:** a short straight run done as fast as possible
- **Long run:** a run over 200metres that involved a change of direction.
- **Hurdles:** running as fast as possible while jumping (stepping) over small hurdles (obstacles) at set distances every few metres.
- **Chest push:** using the netball/ basketball style chest pass technique to throw a 'heavy' ball as far as possible.
- **Javelin:** using the javelin over arm throwing technique to throw a nerf (whistle) ball as fast as possible.
- **Long jump:** a frog leap; two footed jump into the air, swing your arms to propel as far as possible.

The weather was on the side of the Reception children, the sun was out but also with some cloud keeping it nice and cool, allowing the children to put as much effort into each activity as they could.

The pupils were divided into six groups with children from each in each group, giving them an opportunity to make a new friend or two.

Each pupil had two goes as each activity, taking it in turns to perform once then having their second go. This gave every child the chance to improve, develop on their first attempt, which is what they all did. They all ran faster, throw further, jump longer in their second go.

Before the group of athletes moved to the next activity, they all received a 'well done' sticker. The stickers were animals holding a sign saying; "brilliant work" or "good effort", "well done".

Every child got six stickers but that wasn't the end of their sticker collection; at the end of all the activities because the children were so good they were rewarded with a golden smiley face sticker and large golden well done sticker. That wasn't the end of rewards for all their efforts; they also received a 'Mr freeze' pop (unfortunately or fortunately, they were more Mr slushy).

The Reception children were a credit to themselves and their schools through their wonderful behaviour and superb efforts in every activity; #thefutureisbright.