

Delivered by the Youth Sport Trust, Lloyds TSB National School Sport Week is a week-long sporting celebration for primary and secondary schools across Britain. The 2011 event took place from 27 June – 1 July 2011 with pupils invited to pledge to achieve a personal best in an Olympic or Paralympics Sport, individually, with their class, or with their club, and at every level and standard.

We were invited into Sheen Mount Primary School to deliver a morning of sporting events for all their pupils. We set it up as a circuit and there were three events; a fun day, street dance and rhythmic gymnastics/skipping.

Each child took part in all of the events via 15 minute rotations, so each 15 minutes was packed full with activities.

The fun run consisted of laps around the running track for the KS1 children, with the playground being added



on for extra distance for the KS2 groups. The idea was for each child to run as many laps as possible within the allocated time.

The Street Dance rotation consisted of learning a routine demonstrated by our specialist street dance coaches and then performing it together as a whole group.

The Rhythmic Gymnastics consisted of hula hooping with different parts of the body. This got the groups creative sides buzzing whilst the skipping involved trying out different ways of using the skipping rope.

The whole focus of the morning was for each child to have lots of fun and try out different sports that they may not have the confidence or opportunity to experience elsewhere.

“ It made a nice change to work with all the pupils in the school, instead of just those in our after-school clubs. To see over 400 children getting active at the same time was a fantastic sight and we even got the teachers involved too.

Philippa McGregor, motive8 Schools Manager

