

Bilston C of E - National Sports Week

What is National Sports Week?

National Sports Week is a campaign that is run yearly by children's charity YST (Youth Sport Trust), who aim to drive awareness of the importance of physical activity, as well as boost activity levels by taking part in activity for 60 minutes daily, between the dates 19th-23rd June.

How did Bilston C of E take part?

Prior to this week, Mr. Franks planned and organised active activities for different year groups across school. These sessions involved all children from the specific year group, as well as their members of staff, and parents that had given their consent. The timetable for the week went as follows:

| <u>DAY</u> | <u>AM</u> | | <u>PM</u> |
|------------|----------------|--------|-----------------------------|
| Monday | | | Loxdale Football Tournament |
| Tuesday | | | Year 5 Year 6 |
| Wednesday | Year 3 | Year 2 | Year 6 PE |
| Thursday | Year 4 | Year 1 | EYFS Sports Day |
| Friday | KS2 Sports Day | | KS1 Sports Day |

During the National sports week sessions, children took part in active sessions involving their parents as well as staff members. Children from KS2 focused on active target games like archery, bowling and tri-golf, whereas KS1 focused on multi-skills games that involved lots of agility, balance and co-ordinating. Children had lots of fun competing in these activities in different teams. Here are some pictures of the active National Sports week sessions that went ahead this week.

Archery



Target Throwing



Tri-Golf



Sports Day

Mr. Franks also planned and organised sports days for the whole school. As shown on the table above, EYFS was on Thursday, KS2 sports day on Friday morning and KS1 in the afternoon. Children enjoyed competing in lots of fun races against peers in their own year group, there were lots of parents and even a BBQ for the special event! Here are some action shots from sports day.





26/06/23

Mr. Franks

Sports and Health Officer