



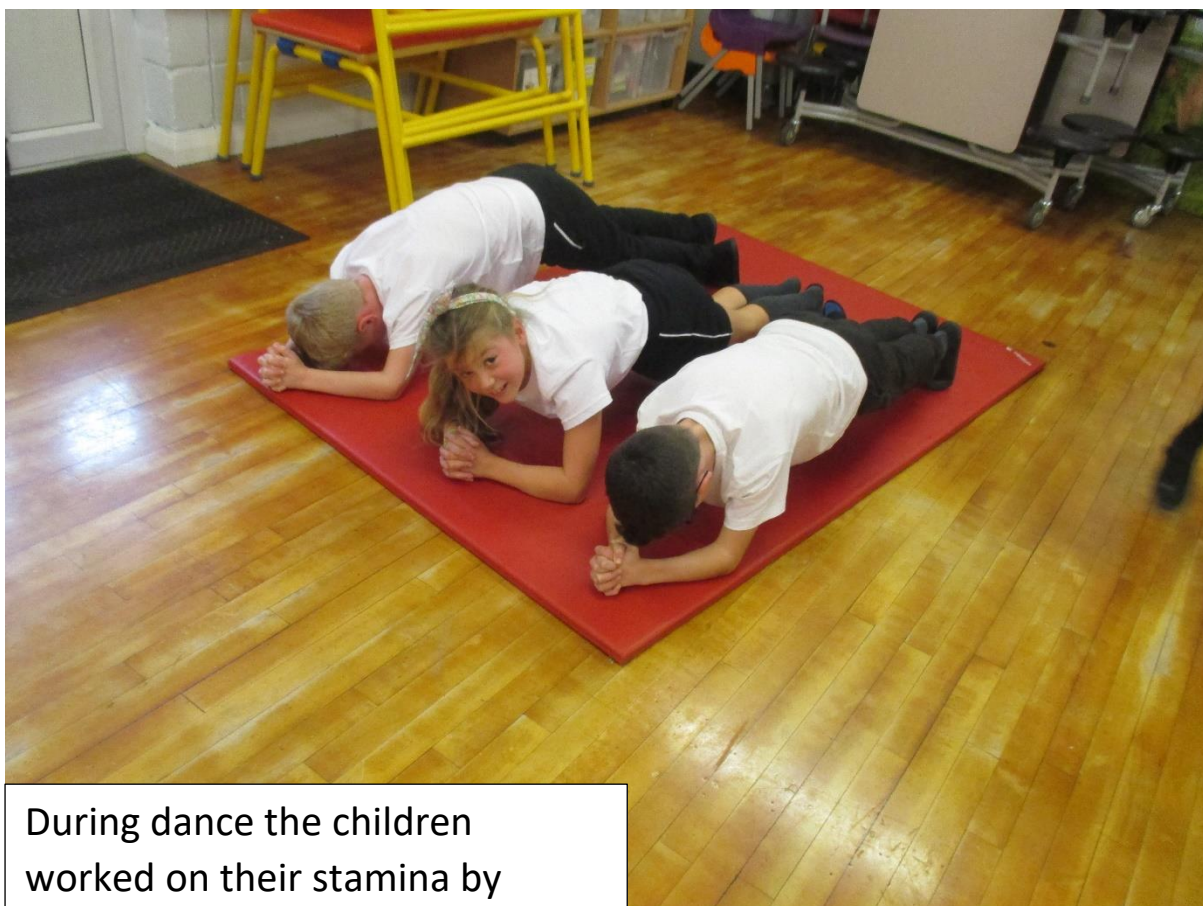
During our PE lesson the children learnt a new routine from their Street Dance instructor. It involved lots of co-ordination, lots of movement and most importantly lots of determination from the children – they were amazing.





The children are continuing to develop their routine during their Street Dance lesson. They were fantastic.





During dance the children worked on their stamina by completing a variety of fitness activities under timed conditions. They did extremely well.





The children started their badminton sessions this week – they started to learn how to serve during a match.





This week the children learnt how to do a back-hand in badminton. Also they learnt the importance of positioning their feet in the correct place to hit the shuttle.



The children enjoyed their first fencing lesson in PE this week.



The girls started their football sessions with a coach from Manchester United. They developed some excellent dribbling skills.



The children enjoyed developing their fencing techniques.











The children developed the skill of disengaging (Indirect action made by passing the blade or over the opponent's blade) and attacking (an initial offensive action made by extending the sword arm and continuously threatening the opponent's target).







The children enjoyed our fitness session, which involved completing a variety of exercises.





The children really enjoyed their Thai Boxing session. They were amazing! Have a look at the film section of the website for some action shots.



The children developed their hockey skills during their PE session, along with their fitness.











The children enjoyed playing a competitive game of dodgeball, using all the skills they've learnt in the previous sessions.















