

## GIFTED, TALENTED AND ABLE PE WORKSHOP – MONDAY 3<sup>RD</sup> JULY 2017



This week, four pupils from Year 5 went to Kingdown School to attend a workshop for gifted, talented and able PE students. The four people were Jakub R, Megan, Thomas L and me (Bethany). When we got there, we met lots of children from other schools. Altogether, there was 32 of us from a total of eight schools. After introductions, we were all mixed up and split into groups of eight.

We then went round a carousel of activities: The first one was a Basketball Shoot-Out which was made difficult because there was always someone blocking the net. When the whistle went, we moved on to the next activity which was football. Here, we were just told to rely our instincts and just shoot for the goal. We all had at least five turns each before we had to move on. After this, we attempted trust exercises where we had to complete set tasks. For instance, we all had to stand on a bench and one of us would not be able to move and we had to get into the order of our shoe size so the team would have to work together to complete the task first.

There followed lots of other activities including dodgeball and 'Capture the Flag' which were all great fun and we got to play at least twice before the whistle went. Our final task was a running activity. For this one, we were put into pairs and we completed races which included sprints, relay and gallops.

At the end of all this, we were all called back together to find out the results! I couldn't believe it when they finally announced that Group 3 had WON – that was my group! I went up to get my certificate with Thomas who was also in Group 3. I was so glad that I had won with my team. It was a brilliant time and we had such fun we all learnt a lot about teamwork and co-operation. I wish I could go back.

Bethany

(Year 5)