

Hello Everyone

We don't know whether we will be back to school for this year's Sports Day but I have put together some ideas to help our Kesteven Team be Sports Day Ready –

Some ideas

- (1) Practise at home throwing a tennis ball against a wall and then catch it, as many times as you can without dropping. Set your own personal record and share it with the team.
- (2) Make an obstacle course, inside or out, for you and your family to practise on.
- (3) Practice the things you would be doing for sports day, Jumping, skipping, egg and spoon, balancing bean bags on heads, and running.
- (4) Try something new, maybe gymnastics to help strengthen your muscles, and be more flexible.

I am very proud to be the Kesteven House Captain this Year –

It would be great to see some photos of you all in training ready for sports day and the Interhouse matches – so we can retain the trophy 😊

Train Hard

William