



Our Paralympics Day

Wednesday 21st September 2016

On Wednesday 21st September, all the children in Key Stage 2 had a Paralympics Day. We were put into groups with children from every class in each one and we moved around doing different activities.



With Miss Harrison, we watched videos of Paralympic athletes who had disabilities with their arms, doing amazing things with their feet, such as archery and flying a helicopter. We then tried to do things without using our arms: passing a balloon between us using our knees, moving balls from one box to another using our feet and drawing and writing using our toes to hold the pencil.

With Mrs Siverland-Bishop, we watched the 'We're the Superhumans' advert, before working as teams to stack cups, using elastic bands and string. We really had to work together. It was very hard, but lots of fun.



With Mr Deakin, we watched blind Paralympians running races, with partners to help them. We



worked with a partner

who was blindfolded, using the same code words that the Paralympians use, to move around the field without bumping into anything, then to try to run in a straight line along the running track.

Finally, with Mrs Grinstead we found out about the Paralympic event of seated volleyball, then we had a go ourselves. We had to stay sitting down and we scored points by throwing a ball over a net, without the other team catching it or hitting it back.

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Throughout the day, we thought about the British Values that are demonstrated in the Paralympics: tolerance, pride, equality, acceptance and respect.

It was a great day – we learnt lots and had loads of fun too.

Jake and Mea – Year 6 school councillors

