

# NEW CITY NEWSLETTER

### SPORTS DAY SPECIAL

Our annual Sports Day was something we all eagerly awaited, and when it finally arrived, it was a day full of excitement, laughter, and teamwork. The day was filled with energy as children, teachers, and parents gathered to cheer everyone on. As the events unfolded, we witnessed amazing displays of athleticism and determination. The races were nail-biting, with every child pushing themselves to their limits. It was more than just a day of sports; it was a day that brought us all together through teamwork and a shared passion for healthy competition.









#### SPORTS LEADERS

A BIG THANK YOU TO OUR SPORTS LEADERS WHO SUPPORTED WITH ACTIVITIES THROUGHOUT THE DAY

- KENDRA
- AMY
- SARAH
- · MUJTABA
- RAYYAN
- . MADII
- ADAM
- ARLINDO
- AASIM
- CODRIN







## NEW CITY NEWSLETTER SPORTS DAY SPECIAL





### NEW CITY NEW SLETTER

# SPORTS DAY SPECIAL



# INCLUSIVE

this is when everyone
(both those with and
without disabilities) plays
the same sport, with
minimal or no
adaptations of the
environment or
equipment



Egg and Spoon Race
Sack Race
Football
Aim and throw
Sprint
Hoop Run



### Great teamwork

TEAMWORK MEANS COMING TOGETHER TO SOLVE A PROBLEM OR ACHIEVE A SHARED GOAL







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### SPORTS DAY SPECIAL

WHAT WAS YOUR FAVOURITE ACTIVITY OF THE DAY?

CAN YOU NAME THE MUSCLES
NEEDED FOR THAT ACTIVITY?





**EKIPPING** 



BEFORE YOU STRETCH, IT'S IMPORTANT TO WARM UP FIRST. WARMING UP HELPS RAISE THE TEMPERATURE OF YOUR BODY AND YOUR MUSCLES SO THEY'LL BE READY FOR EXERCISE AND PREVENT INJURIES.









WHEN YOU TRY YOUR BEST, YOU LEARN NEW THINGS, GET STRONGER, AND BECOME BETTER AT WHATEVER YOU'RE DOING.



YEAR 3 YEAR 4









