

Spring 1 2019/20 – PE:

We had a visit from Sophie Wright – an inspirational, up and coming cyclist who has overcome many injuries already in her career already but had not let her stop this from achieving her goals. All children participated in a session with her to learn about how she prepares to get on her bike and race, they asked some super questions!



She taught us lots about the need for good core strength for any sport, especially cycling.

Year 1 had the opportunity to visit The Norfolk Academy of Gymnastics to enhance their gymnastics topic at school, they were so brave at having a go with all the equipment and their feedback was very positive! I gather that they particularly liked jumping into the 'pit'! Thank you to the adults and parent helper for making this trip possible.



Swimming – we took a group of children from Year 4, 5 and 6 to Wymondham Leisure Centre for the annual cluster swimming gala, the children were amazing at having a go and supporting each other. We were really impressed with the standard of swimming from Wicklewood!