Pupils at the Firs have had the opportunity to try their hand at a host of unusual and exciting sports this year. Year 5 have been lucky enough to have received a term of lacrosse coaching from Brooklands Lacrosse Club, during which they picked up all the basic skills of the game, as well as being able to play some competitive matches. Our morning archery club has proved to be hugely popular, with many children enjoying the opportunity to demonstrate some completely new skills. This term, we have also been able to offer a gymnastics breakfast club for the first time, allowing children to develop their balance, coordination and flexibility before the school day has even begun. Year 2 and 3 have also taken on their own challenge - receiving football coaching from Manchester United's very own coaches during the spring term. Finally, sports leaders from Year 5 rose to the challenge of organising a successful inter-team competition for year 3&4. Teams competed across four different sports, with Larch team emerging as overall winners.

As always at the Firs, we endeavour to engage the maximum amount of children in physical activity. This year has seen year 5 children waking up the school in a specially choreographed routine every half term on the KS1 and 2 playgrounds. Mrs Craig has also run a fantastic lunchtime club for those children in Year 3&4 who may have been lacking in confidence during their PE lessons. They’ve had the opportunity to try their hand at dodgeball, benchball and archery, and put their new skills into practice brilliantly at the Ashton on Mersey dodgeball competition in November. Later this term Year 4 will be undertaking the Trafford Steps Programme: wearing Fitbit activity trackers for the week in order to investigate their activity levels during a typical school week.

We've had another successful competitive year, with the children impressing across a range of sports and activities—both in terms of their achievement and their sportsmanship. Back in February, the Year 5&6 boys footballers put on a fantastic display at Manchester United’s Cliff Training Ground, winning all but one of their qualifying matches. A huge thank you goes to Simon Youd for all of his coaching and support this year, especially as the Key Stage 1 footballers were also victorious at the Ashton on Mersey football competition in March! Finally, Year 4 impressed across sports ranging from lacrosse to Tae-kwon-do to receive 2nd place at the Ashton-on-Mersey multi-skills festival in April.