

BLACKROD PRIMARY SCHOOL

Project Reflections – Spring 1: PE

Bouncing/Daily 15/Dance



We have been continuing to work on our fundamental skills - focusing particularly on bouncing.

We practised dribbling

This half term we have begun our Daily 15, where we do different exercises every week for 15 minutes to keep our bodies active.

We really enjoyed participating in the relay races using the batons.



We have also been practising our class dance - we can't wait for you to see our groovy moves soon!

