

# SWB KS2 Inclusion Athletics

## - (30/01/19)



On Wednesday we travelled over to Angmering for a morning of athletics, competing as a team in 8 different stationed events. The events challenged us in all the skills we need when competing in an athletic competition like sports day. We did shuttle throwing, chest pass long throw, hurdles, speed bounces, target throw and relay races to name a few. Each of us had events that we were really good at and other events that we weren't confident in. We all completed each station and improved our skills. We ended the morning competing in a team relay with the sports helpers from Angmering and we were given Change4Life Champion things to take home with us.