At St Patrick’s we believe that sports serve as an excellent physical exercise. Those who play sports have a more positive body image than those who do not. Sports often involve physical activities like running, jumping, stretching and moving about which turn out to be a good body workout. Playing sports is energy put to good use. Games that involve running, kicking or throwing a ball help strengthen the arms and legs; for example Miss Watkin’s class was playing Hand Soccer! It was interesting to see students communicating their verbal and leadership skills while trying to navigate the soccer ball with their hands. Miss O’Connor’s class were developing their long jump skills while Miss Featherston’s students played basketball. All these games develop many facets of development including concentration, sportsmanship and accepting in the spirit both successes and failure that builds positive team spirit. Thank you year three, next week I will be visiting year four.