



## FRIDAY FUN!

**By Ella-Louise**

On Friday the 23<sup>rd</sup> of June, 16 people (from St Philip's) were selected to go to Bath University Sports Village to take part in an exciting sports festival, which thousands of people around the world took part in; personally, my favourite part was the 2 k run that we did, but I'll talk about that later.

First of all, we went on the trampolines: we bounced up and down really high! We did many different jumps: tuck jumps, star jumps, swivel hips and a variety of more.

After going on the bouncy trampolines, we did judo: my favourite activity. The main reason it was my favourite is because I learnt lots of new skills and tricks. Before we played games, we were taught by the instructor how to do tricks, and they were very interesting and helpful. After that, we played a game where we were on our knees and we had to push people off the mats.

Once we finished, we did the 2 k run, which I mentioned earlier. The main highlight for me - Ella-Louise – is when I got told to overtake a boy near the end; however, I couldn't quite reach him. Right by the finish line, I was so close to him that I decided to sprint, and ended up crossing the finish line before him! We got signatures on the certificate we were given, and then we had our scrumptious lunch.

Once we finished lunch, we did softball. We put on a special light-brown glove to keep our hands protected for when we catch the ball: they are really hard. Each of us got a chance to bat, whilst the others tried to catch the ball you hit.

The last activity was beach volleyball. We learnt all of the different hits that are used in volleyball. Near the end, St Philip's played against Moorland's Academy, and I'm pretty sure we won.

All thanks to Jess (the person who arranged this fabulous day), this day happened. It was a great experience for everyone, and we all had a whole lot of fun, and I hope something like this is arranged again next year. Thank you!