

Elm's Basketball Day at Thomas Cowley High School



On Tuesday 17th October Elm Class went to Thomas Cowley High School to learn basketball skills with the Year 9 BTEC students.

The first thing we did was a warm up. We did stretches across the hall like the ostrich stretch. Then we played a slightly different game to Stuck in the Mud called Peel the Banana. Instead of tagging our opponents, you had to peel their arms back. We had penalties if we got tagged, such as running around the hall and star jumps.



Next we learned some skills: passing, shooting, defending and dribbling. The Year 9 students helped us with these different skills.

After that, we put our skills into a game.

There were 2 yellow teams, 2 red teams, 2 blues and 1 non bib team. We had a game each and some had 2 games because they got through to the final.

At the end, we all got a certificate for participating in this event. Some people got a star player certificate for impressing our teachers and the host. The second and first place teams got a medal; a silver medal for second place and gold for first place!



By Jack and Josh