

BJS Health & Fitness Week 2022

‘Another year and another wonderful host of new experiences for the children! Health and Fitness week is usually the subject of much anticipation, discussion and speculation in term 5... “What is happening this year?” the children whisper on the playground, “I heard something about *lasers!*” and, “Will there be a climbing wall??” It is also, usually, dry!

Despite the challenging and slightly soggy conditions early on in the week, the children, being hardened to weather of all types due to our Scottish Head Teacher’s stance on what constitutes ‘bad’ weather, took on each challenge as would be expected of Backwell Junior-age children. There were, indeed, lasers – and a decorated Olympic Pentathlon coach to boot! Stephen Gray wowed with his incredible football gymnastics and Magic Mile PB’s were smashed! We dried off with Speed-Stacking, Pentanque and Street Dance, while Boccia inspired shouts and cheers that would drown-out a Roman Colosseum – but not the 40mph winds.... Team Rubicon arrived with skateboards to bring some counter-culture cool into the mix and ‘bootcamp’ style circuit training soon brought the children back into line. Tennis continued throughout the deluge, with soaking smiles all around. However the main event was Leap of Faith, joining us for their second year with all new activities and yes, the inevitable climbing wall! They brought with them laser-tag for more sci-fi inspired adventures and counter-balanced with axe throwing for when the batteries run out. Though the climbing wall comes every year, it really is my absolute favourite in terms of exemplifying the goals of Health and Fitness week; for the children to try new things, to increase their confidence and to do things that they didn’t think possible.

Well done to all the children for getting stuck in to all the axe-tivities and making all your teachers proud. We appreciate your hard work throughout the year and you certainly deserve this week!

Thank you to all of our sports providers for coming along, braving the weather and delivering yet another year of unforgettable memories. Thank you too for all the parent support we have received on our Woodland Adventure walks. We couldn’t do it without you! Currently taking bookings for next year – does ‘Rain Dance’ bring rain or shoo it away...?

Mr. Williams

We hope you enjoy looking at some of our photos of this fun and challenging week of activities.





Year 5



Year 6

