



## Tor Bridge Family Basketball 2019

Tuesday 12<sup>th</sup> November 2019 – A different kind of event this afternoon at Tor Bridge High: instead of our normal competitive format, we focused on learning new skills, working together as a team and the School Games value of Self Belief. This event has been designed so that no prior experience is necessary and the focus is very much on trying something new. We were extremely fortunate to have some 6<sup>th</sup> Form Young leaders with us today – they led the skills and organised the teams into small sided games. Taking part today we had teams from Mary Dean's, Montpelier and Widewell. On arrival we discussed what Self Belief meant to us and how it could be applied to today's new experience. There were quite a few nervous faces in the hall to start with but as soon as they started working with their coaches, everybody relaxed and started to enjoy themselves. There were 3 different skill stations to try: Shooting/Passing/Dribbling. Each school worked with a coach on a station for 10 minutes and then rotated around to the next activity. After everyone had completed each station, there was time for a quick drink and on to some game play: we looked at how to work together to move the ball down the court and the importance of moving to be an option to pass to. We finished off the afternoon with some game play: it was fantastic to see how much the children had learnt from their coaches. There was some great team work from all of the teams and everyone looked like they were really enjoying playing. I would like to thank you 6<sup>th</sup> Form leaders who did a fantastic job this afternoon – it really is thanks to all your hard work that the event was such a success. Thank you to all of the staff who brought your teams along today - I hope that you enjoyed it as well. Well done to everyone who took part today – you all played incredibly well and I hope that you will be keen to play again in the future.

Claire Cormack

PE Specialist for Tor Bridge High.

