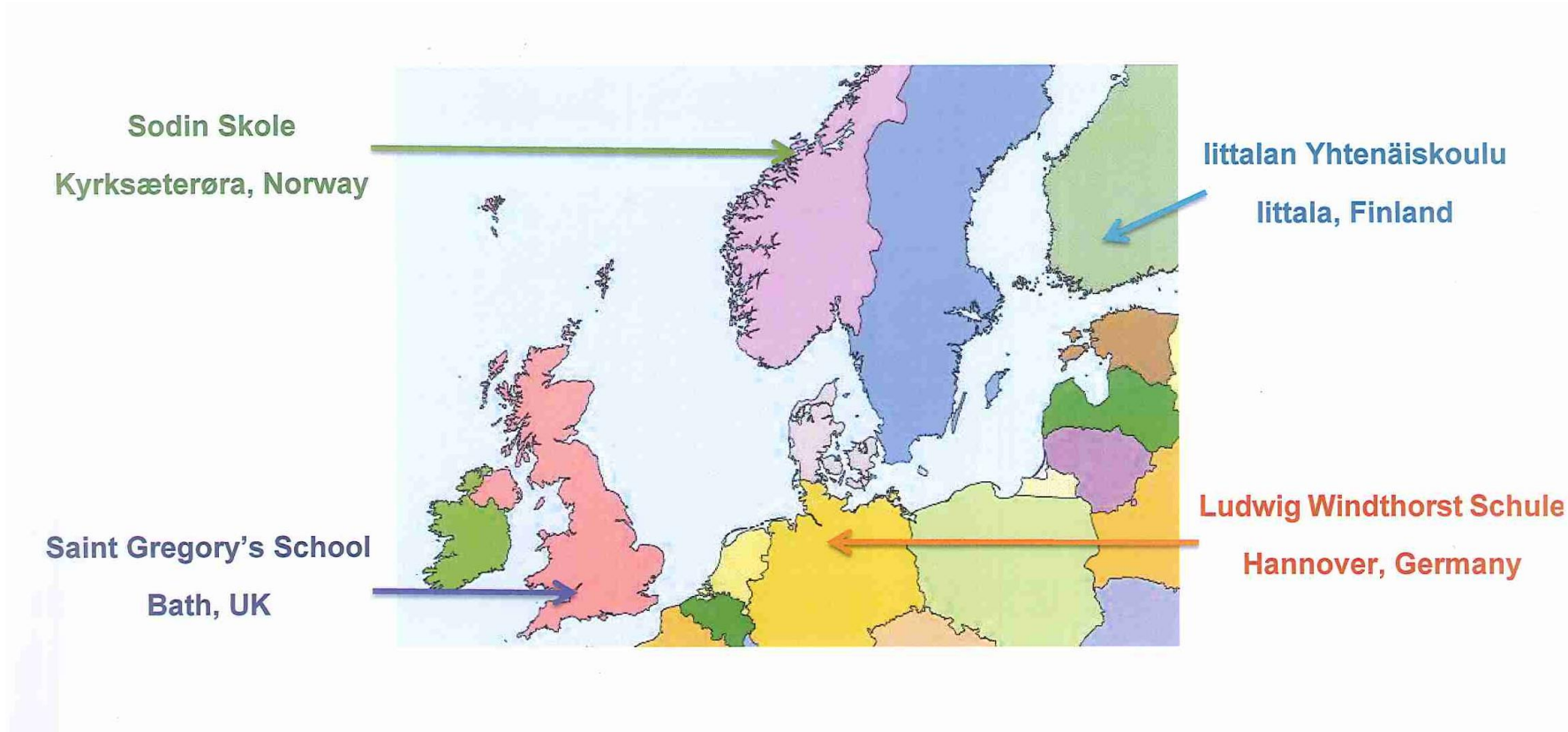


Erasmus+ 2017-19



Sports and Healthy Lifestyles

Sport at Saint Gregory's



Sports Kit

Black and gold polo shirt with Saint Gregory's emblem

Black and gold sport hoody with Saint Gregory's emblem

Boys – black shorts or black tracksuit bottoms

Girls – black shorts/skort or black tracksuit bottoms/leggings



Athletics

Track & Field





Sport at Saint Gregory's

At St Gregory's there are lots of opportunities to get involved in sport. We have around three P.E. lessons a week and each term we focus on different sport. Some of these sports are rugby, football and cricket. We have house competitions where houses compete against each other in different sports. My favourite house competition is basketball!



Sports which I am interested in

I am interested in lots of different sports but I have two favourites. My two favourite sports are table tennis and running, I like table tennis because it is fast paced and you need quick reactions to do it. I enjoy running because it keeps me fit and healthy and because it is a challenge; every time I run I challenge myself to get a better time! Running is good exercise and after running I always feel a lot better!



Sport activities that I am involved in

I go to lots of different clubs throughout the week. There are lots of clubs every week at St Greg's and I go to football club on a Monday. It's very fun! I also go to different table tennis clubs which I enjoy. I like going to different clubs and activities because it is good to get out of the house and have some fun!



Parkrun

The parkrun is a 5km run. It is held all over the world every week on a Saturday morning. There is a parkrun in Bath and every week around four hundred people go to it! I go to the Bath parkrun most weeks and it is very fun, it's not a race. The only person you are racing against in the parkrun is yourself! It is incredibly tiring but afterwards you feel good! It is also very good for you as it is a great form of exercise!

