



Move It Week

Poetry Competition Winners

Move It!

Keep fit, keep fit it's crucial for our mind
Look after your body and your head and be kind
Team sports, running, swimming or just walking
Let's spread the word on movement and keep everybody
talking.

A year in lockdown has been hard for us all
It's taken a lot of motivation to even kick a ball
But now we're back to normal and doing lots of sports
At the park, on pitches and on the tennis courts.

Some of us love team sports
Some play on our own
Whatever you're level of fitness
Stay strong and get in the zone.

Remember it's important to move about each day
To help your body and your mind be the best in every way.

By Harry Angel, St Katharine's School Bournemouth





It's Sports Day time!

Fasten your laces,
Toes behind the line,
The sun is shining,
It's Sports Day time!

It's time to have races,
It's time to have fun,
On your marks, get set...

Jump!
Skip!
Run!

It's time for a cold drink,
It's time for a rest.
Well done everyone,
You've all done your best!

By Adorn Alex Thottuvayil – St Walburga's School





Time to move!

Arms up, arms out wide!
Stand straight, now stride!
The teacher calls at a shout
To move our bodies all about!

In Lockdown it was online,
Which in a way, was fine.
But now, in person is more fun!
And as a class we can now run
And climb the bars at school,
Or hang on the climbing wall.

Computer games I really like,
But now I can ride my bike,
Or scooter fast on the lanes,
I love it even in the rain.

My mind or body were not free.
Now I feel like I'm really ME!
My shoes are now scuffed,
I'm sometimes out of puff!
But it's the best feeling yet!
Have I missed it? YOU BET!!

By Leonardo Witham, St Katharine's School

