

# Chesham House School

Believe • Aspire • Integrity • Resilience • Empowerment

## PE - Autumn 2024

In the Autumn term PE lessons have been taking place at our fabulous local gym. One group of students have been focussing on how to improve lower body strength, learning how to select appropriate activities to improve these muscle groups, and learning about the importance of correct form when exercising. They have been challenging themselves to improve on their own personal best in regards to weight and repetitions, whilst learning the importance of building this up at an appropriate and safe pace. One student in particular is enjoying these sessions so much, they have sparked an aspiration to become a personal trainer!

Another group of students have been taking part in boxing activities each week and have shown a very keen interest in this sport. They have been learning different grapples and holds and have shown fantastic progression in their boxing skills. This group have also been taking part in full body circuits, learning which exercises will improve their strength and stamina and help them to improve in their boxing skills.

Over this term it has been fantastic to see students' confidence in the gym improve week by week, and students who previously disliked exercise are enthusiastic to attend their PE lessons. Students have developed their team building skills and are supporting and encouraging each other to continue to improve.