



Karate



Funded by the North Yorkshire Inclusive School Sports Partnership, our students had the exciting opportunity to attend a series of karate sessions.

For many, it was their first experience with this martial art, and they truly embraced it! Not only did they enjoy the physical exercise, but they also learned about the rich cultural traditions behind karate.

The sessions encouraged teamwork and focus, as students practiced together and supported one another in mastering new techniques.

It was a wonderful way to promote fitness, cultural awareness, and cooperation in a fun, dynamic setting! Emma Heyes, October 2024

