



## RESILIENCE IN YEAR 1

**Our Year 1 students have been thriving in sports this term, embracing activities that promote teamwork, resilience, and sportsmanship.** From running races to teamwork exercises, they have honed their physical abilities while learning valuable life skills. Through sports, they are not only developing motor skills but also cultivating qualities like cooperation and perseverance, essential for building strong character and navigating challenges with confidence.



**Miss Brianna Knattress**  
Junior School Teacher - Year 1

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