



Iqra entered Two teams into the S.S.S.N. High 5 Netball festival being hosted at St Bernard's school. The teams had to rotate their players in different positions allowing everyone to experience every aspect of the game from Shooting to defending. The Competition was played to a high standard and everyone had an enjoyable time playing Netball.



## Active Movement

**Active Movement - Top Tips ....**

Physical well-being is an important aid to coping with school. A fresher, fitter body can help a sharper, clearer mind. As we know from Active Movement, that does not have to mean intense exercise or playing sport - but if you do than that is fab! Even the smallest levels of activity can increase heart rate and blood flow, which in turn can help memory, creative thinking, concentration even stress. So lets get on our feet and start moving ....

## Girls Football Match

Our year 6 Girls Football team had a friendly fixture against the year 7 girls from Eden Girl's School. The match was very competitive with all the players showing excellent skills. Everyone had a great time and Eden came away with a narrow win. The girls are looking forward to a re match!

