Physical Activity, Well-Being Day and Sports Day

(or PAWS day!)

PAWS Day is an inclusive day of fun physical activities where the whole school comes out on to our field to enjoy being together as a community and being active.



The school field is sectioned into zones where a different type of Physical or Well-Being activity takes place. Students visit each of the zones with their Form Group and Form Teacher and aim to win as many points for the Form as possible.

Each zone requires a different skill set or personality type, and all students find an area in which they can shine.



RARE points are given out throughout the day, and certificates and rewards are given out in assemblies once the scores are in.

The in-door quiet Well-Being sanctuary is also a popular addition to our zones, as it helps students find the connection between the body and the mind.

Our Sixth Formers develop their leadership skills as they run the score keeping throughout the day.