Activity Report

By Gede Y – 6A

Activity : Sports Training

Venue : Aspire Doha

Day/Date : Wed/ Nov 16th 2016

Participants : NAISAK Primary Students (Year 4-6)

Mr. Broome chose some of the hardest working boys in sport from primary and took them to Aspire, which was actually like a reward, to train with the coaches in Aspire, who looked very strong and fit. They taught us how to be better at a sport that you are already good at.

We left the school at 12:55pm by a bus. When we reached there we walked to the gym and it took us about 2 minutes to go there because it was kind of far from the entrance. The coaches greeted us at the gym and we started the training.

The coaches divided us in four teams which will do activities in four different stages. The four teams were yellow, black, red and blue and the activities were football, handball, basketball and last but not least netball. To be honest it was kind of tiring!

The red group, which was actually my group, were the first ones to do the fifth stage and that was gymnastics. It is kind of like parkour because it uses tension and extension etc.

After the training we took a picture with the fantastic coaches that taught all of us how to be better at everything (about sport).

I feel lucky because this is a rare experience and I couldn’t believe that they chose me. I feel grateful for that. I hope that I can go there again. I thank Mr. Broome for choosing me and finally I hope that the coaches that were in Aspire come to our school and do P.E with us.