

**Karate Competition**  
**Monday 11<sup>th</sup> December**  
**@ Oval Sports Centre**

This was the first Edsential Karate event delivered at it proved to be a major success. Karate in schools is growing from strength to strength and the Edsential events have been organised to provide schools the opportunity to be able to showcase what their pupils have learnt in the curriculum and extra curriculum lessons that have been involved in.

It was great to see 4 schools taking part and there was a range of pupils from KS1 through to KS2. With Karate being an individual sport the event could cater for all ages and all abilities.

Karate is an excellent way of developing pupils physically and mentally, building self-esteem and developing self confidence amongst others. The schools taking part in today's event were split into 3 groups and they took part in three karate based activities:

- Pad work
- Mat work
- Kata work

After rotating around the above activities each school performed their own 4 move Kata. Out of the school performances one individual then performed their own Kata.

There are 2 other Edsential Karate events at the oval throughout the academic year which are on: Monday 19<sup>th</sup> March and Monday 16<sup>th</sup> July.

“Really impressed with what the children have learnt” Woodlands teacher

“I loved learning all the different moves” Holy Cross pupil