The School Games helps build a transition between primary and secondary school sport. Bringing the year sixes to our school today makes them more familiar with their new surroundings.

I'm nervous about coming to this school because I've gone from the top of the school to the bottom how I'm going to fit in.

The teachers are going to be more strict and it's going to be crowded.

I'm worried about making new friends and whether the homework will be hard. It's a really big school and I'm going to have trouble finding my classes. And also my friends might go to a different one, so I'm going to have trouble making some friends.

We find that all our children cope with transition to secondary school completely different as they are all so different. Being able to bring them to an event like this today at Herne Bay High School really helps with those nerves as they have met year sevens who have just recently been through that transition process. And they also get to meet the young leaders who are leading those activities today and it helps them recognise older children that they are sometimes nervous of, but hopefully will alleviate any of those worries come September.

I like PE because it's one of my favourite activities.

I love PE because I like doing competitions and matches.

As part of today's event, we've asked the children how confident they are both at the beginning and at the end, and it's been really clear to see that their confidence has grown throughout.

The children have had such a great day. Initially they were slightly nervous about interacting with the year 7 students, but now I can't separate them. At lunchtime, they couldn't wait to get started again, which is really, really positive and makes me so pleased and proud of them. It also has allowed them to have a friendly face when they start in September.

I had an awesome day and I made some new friends.

I feel way better now because I've been doing all the sports and I've met lots of people.