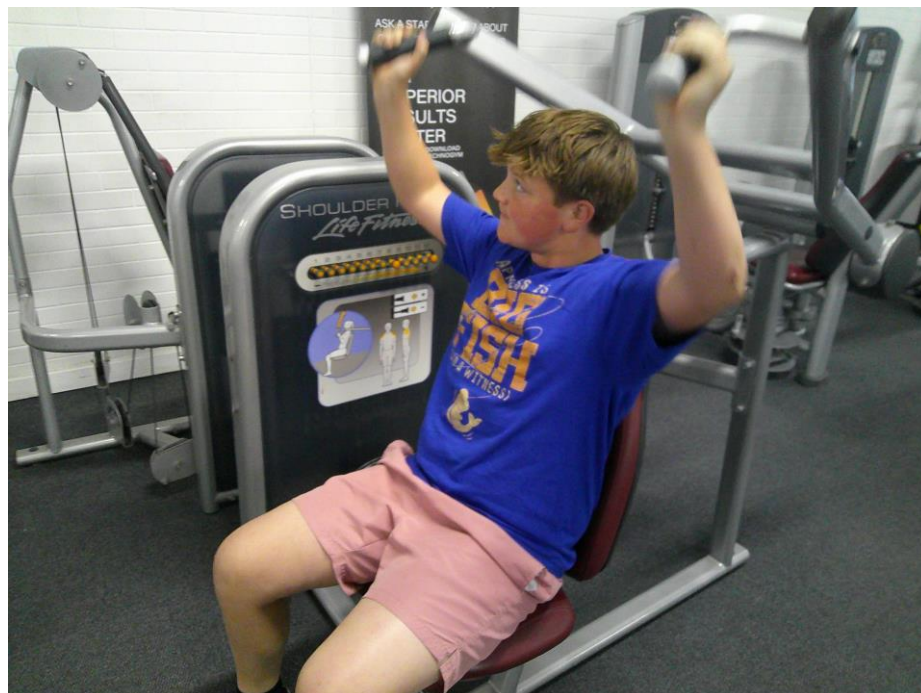


Outcomes:

- To Explore and learn.
- Behave well in public.
- Focus on healthy living.



Description of trip: This wasn't just an ordinary gym visit to Lynnsport, it was a VE Day visit to the gym, which meant we wore red, white and blue to celebrate 80 years since Victory in Europe. We started the session with a warm up on the cardio vascular machines. Our teacher challenged us to run as far as we could in 5 minutes, we accepted the challenge, unfortunately she won. Once we had warmed up we tackled our resistance training then challenged ourselves to have a go at the free weights area. We both worked really hard at the gym today, so it was soon time to head back to school for Fajita day and to have a lesson on VE day. Did you know? In New Zealand they actually celebrate VE day on 9th May due to the different time zones. Thank you Cambian for another great experience day.

Quotes:

"VE day stands for Victory in Europe"

"I'm tired now"

"Don't forget your water!"

