

Outcomes:

- To Explore and learn.
- Behave well in public.
- Health and fitness focus.



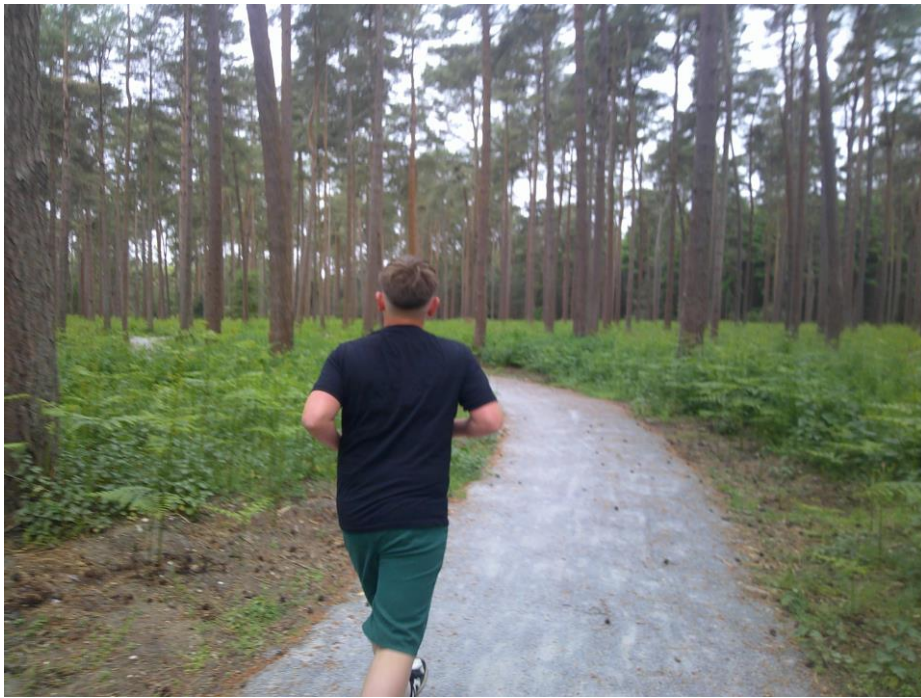
Description of trip: This week Flamingos looked at well-being. The first photo was before our run. I should say before our teacher put us through our running paces! We have been looking at health and well-being in PSHE, so we thought we would put it into practice. Our teacher challenged us to run 2km. Most of the class succeeded. We walked if we couldn't run, the importance being on moving our bodies, whilst our teacher barked orders at us. We ran around the bikes tracks and imagined we were on Mario Kart powering up on the banks. Next time we will challenge ourselves to run more than we walk. We walked back to the play area and café where we enjoyed some well-earned refreshments and then played on the play park. Thank you Cambian! Happy half-term everyone!

Quotes:

"Quarter of the way there"

"Thank you Cambian"

"I've broken you all"



Everyone has a personal best