

**Outcomes:**

- To Explore and learn.
- Behave well in public.
- Healthy snack planning.
- Complete a gym session for wellbeing.



Description of trip: Our last gym session at Lynnsport before the summer holidays. We decided to go to Tesco's first to research snacks and food types which are high in protein. This ties in with the healthy eating topic we are doing in PSHE and Science. Our teacher couldn't resist giving us a Mathematics lesson while we were there. She had us looking at prices of groceries and pointing out the decimal points and place value of the numbers. Before we left we used the blue tokens to vote for a good cause in the area to get money. Our teacher encouraged us to vote for West Norfolk Swimming Club, as that is her team. When we got to the gym we focussed on 20 minutes of cardio to warm us up, before starting our resistance training and doing some free weights led by our teacher. We developed a new strategy for one individual who was unfocussed and it was Mathematics based, calling out multiples in a given times table. We're looking forward to Welney Wetland Trust. Thank you Cambian!

**Quotes:**

"This has a lot of protein in it."

"That's a decimal place"

"Vote for West Norfolk Swimming Club"

