

## Outcomes:

- To Explore and learn.
- Behave well in public.
- Health and wellbeing.
- To celebrate Mental Health awareness week.



Description of trip: This week is Mental Health Awareness Week, so what better way to celebrate then with our gym challenge, which we've renamed the Lynnsport Challenge. We chose three cardio machines and complete 15 minutes on each. After we have completed 15 minutes, we had to record how far we had travelled in kilometres. For each kilometre we travelled our teacher said we could have 10 bonus points. If we beat our teacher then she would double the bonus points. Our teacher managed 11km this time. All pupils either equalled her challenge or beat it. The best distance was a total of 17km and an improvement of 3km. After a bite to eat we enjoyed playing outside in the fresh air on the park. We just dodged the rain. On the way back we played yellow car. It was the front seat versus the back seats. The score finished 8-6 to the front seat. Thank you Cambian!

## Quotes:

"Australia is in the Eurovision?"

"I like the seated bike"

"Yellow car!"

