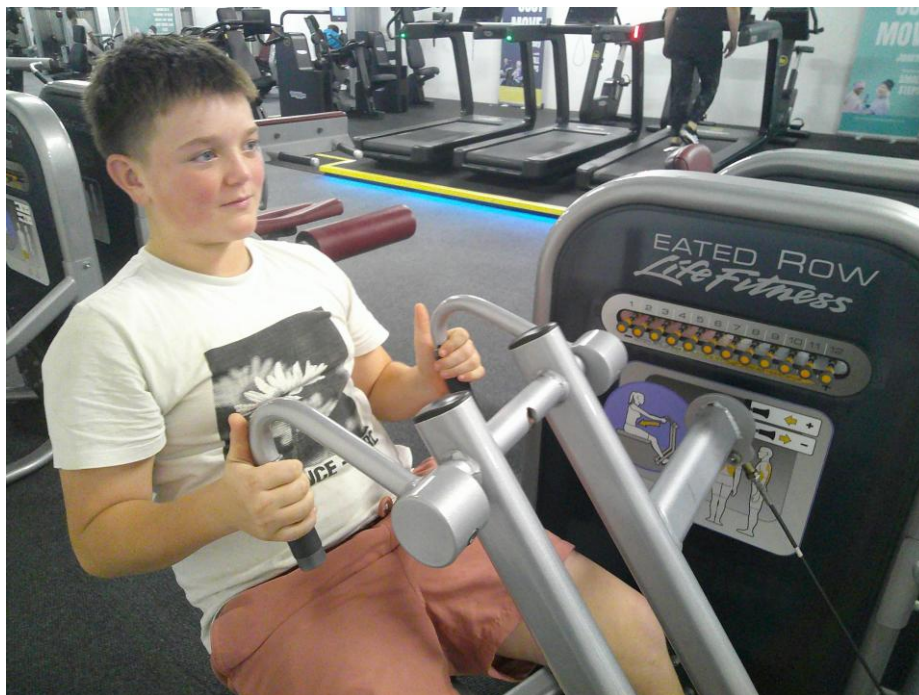


Outcomes:

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



Description of trip: Today's trip was a visit to the gym at Lynnsport. We have been going to the gym for two years now, so it was high time we had our program reviewed. We started the visit with our two new pupils completing their gym induction. They were showed all of the cardio machines, including the static bike and treadmill. After warming up it was time to do the resistance work stations. When we had finished the resistance work, we cooled down on the treadmill and then did our stretches. Soon it was time to swap over. One pupil had sat and read a whole book whilst waiting. Animal Farm by George Orwell. Next week we are on half term. We are thoroughly looking forward to the break. After half term we have lots of Christmas inspired experience days to look forward too. Happy holidays!!!!

Quotes:

"I've really enjoyed myself"

"I'm tired now"

"I'm sweating"

