

Outcomes:

- To Explore and learn.
- Behave well in public.
- Health and wellbeing.



Description of trip: This week we went back to the gym at Lynnsport. This is our first time in 2026. Our teacher set us a new challenge this time. We had to choose 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. One pupil travelled a total of 7.88km on the treadmill, bike, then treadmill again, gaining him 80 bonus points. Our teacher came second covering a total distance of 8.15km and the winner was a pupil, who covered 10.9km on the bike, cross trainer and then the arm bike, gaining him 220 bonus points. We are going to repeat the challenge next month to see if we can beat our totals. Thank you Cambian.

Quotes:

"How many Km has Lucy done?"

"Am I the winner?"

"I'm going to go on the bike"

