

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. Last time our teacher set us a new challenge. 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. This time our teacher said she would try a little bit harder to increase the difficulty of the challenge. She managed 11km this time, 3km more than our last visit. All pupils either equalled her challenge or beat it. The best distance was a total of 15km and an improvement of 4km. The hand bike is the easiest and covers the most distance and we have worked out the worst is the cross trainer. We enjoyed the challenge and best of all we are getting fitter! Thank you Cambian!

Quotes:

"I completed
15km?"

"I'm going on the hand
bike, that's the best!"

"I'm going to go on the
bike"

