

Outcomes:

- To Explore and learn.
- Behave well in public.
- To be healthy working out at the gym.



Description of trip: Our first trip back after Christmas and it was time to hit the gym at Lynnsport. We started on our warm-up on the bikes and the treadmill. It is important to get your muscles warmed up slowly. It was hard at first because we haven't been in a while and the extra indulgence at Christmas. We then completed our resistance work, before using the free weights as instructed by our teacher. After our hard work we had our break in the café. Our teacher brought in her leftover mince pies to share with us. Flamingos love a mince pie. We finished with some free time on the play area. Next week we are off to Putt in Peterborough.

Quotes:

"Watch our new hand shake"

"can we do some free weights?"

"I'm enjoying being back at the gym"

