

Outcomes:

- To improve on personal challenges.
- Behave well in public.
- To explore and learn.



Description of trip: Today our class went to Lynnsport. When we got there, we had a bit of an early brake to get our energy up.

We went into the gym and the boys used the treadmill, rowing machine and other equipment that is on their individual plans. They did well and worked hard!

After this, they went to get some fresh air and played at the park before coming back to school for lunch.

Overall, it was a successful trip and our class really enjoy the gym.

Quotes:

"I want muscles like him!"

"I want to go on the treadmill"

"This is fun"

