

## Outcomes:

- To Explore and learn
- Behave well in public
- To experience a new sport: Badminton



Description of trip: It is the first week back at school in Flamingos after the Christmas holidays and what better way to burn off the extra Turkey, than to come and keep fit at Lynnsport. Our teacher booked us a badminton court so that we could try our hand at a new sport. Our teachers were showing us how to use the racquet and shuttlecock together to serve. It was difficult, but after persevering we managed to successfully serve. We played in pairs, teams, with our teachers and our peers. We loved the noise the shuttlecock made as it hit the racquet. Our Teaching Assistant, Demi, was really good and we all wanted to play her because we called her a 'champion'. Afterwards we visited the play area outside before heading back to school. The first day back went quick, think it was because we had so much fun on our experience day.

## Quotes:

What is this called?  
A shuttlecock.

This is fun!

Demi is the Champion.

