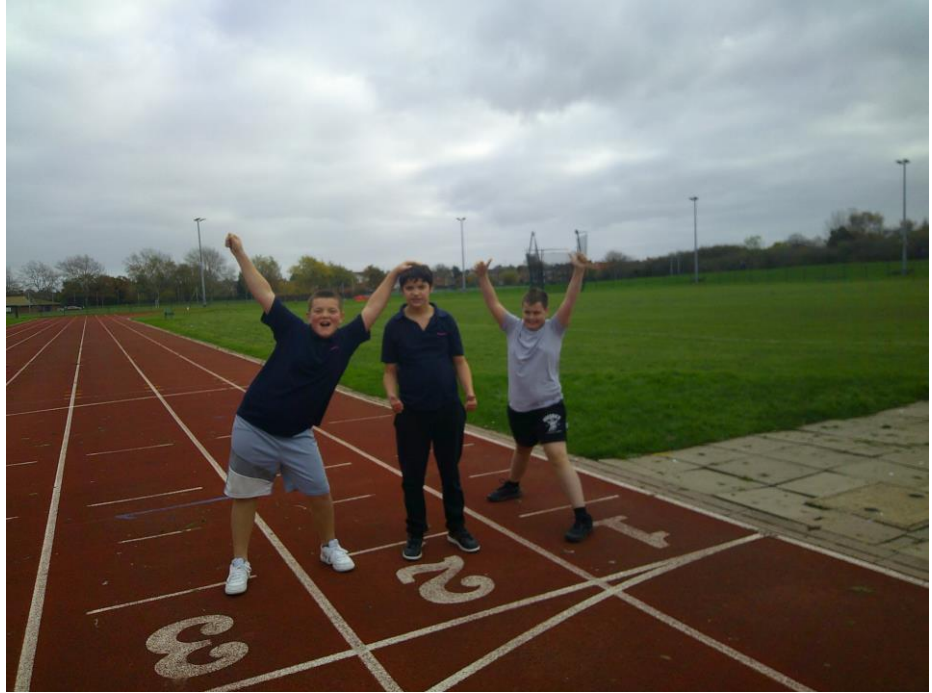


Outcomes:

- To Explore and learn.
- Behave well in public.
- Wellbeing.



Description of trip: We were going to do our usual trip to Lynnsport, but then our teacher decided that she was going to take us to the track at Lynnsport instead. We warmed up with 2 laps of the track. Each lap is 400m, so 4 laps is 1 mile. Our main set was 5 x 300m runs, with a walk back to the start. It was hard at first to run the whole 300m fast, but with a little encouragement we made it. We told ourselves, 'We can do this!' We challenged our teacher to the 100m sprint race and she aced it and beat us all. We gave her a golden sweet instead of a medal. We all did so well and ran a total 37 laps of the track, that is 14.8km! Next, we dropped our Operation Christmas Child box off at 'The Entertainer' toy shop and then we celebrated with a Hot Chocolate at McDonald's. The track was hard work, but aiming to be 1% better every day means we are always improving.

Quotes:

"I've done 9 laps!"

"I really enjoyed that!"

"Be 1% better every day"

