

Skip 2 B Fit

On Wednesday 15th October, Watlington were very lucky to have a 'Skip 2 B Fit' instructor come into school. The instructor taught us all about healthy living; how to eat well and exercise. He showed us how exercise changes our body and makes the blood pump faster to all the places that need extra oxygen.

Every class practised skipping and then completed two, two minute workouts. The special skipping ropes counted the skips, so we were able to measure our progress. In just a few minutes, nearly all of us made progress, which shows 'practise makes perfect'! The instructor told us that we can apply this in all areas of learning.

Now we want to get even fitter, so Miss Habbin and Miss Bunko are starting a lunchtime club. Every Friday, we will do another two minute skip and measure our progress.

We can't wait to 'Skip 2 B Fit'!

