

Oreston Primary Children use KS1 Mobile Fitness Centre

On Friday 24 February nearly 100 children from Oreston Primary School were involved in physical activity using the new KS1 Mobile Fitness Centre.

The focus of the sessions were directly based around the learning outcomes of the KS1 National Curriculum and included the following

- To recognize how your body feels when still and when exercising
- To watch copy and describe what you and others have done

The children used specialist gym equipment including bikes and rowers which proved to be inspiring and motivational for them. They moved around 4 activity stations which were

- Jump rope
- Bikes
- Running
- Rowing

The children had to work as hard as they could in an allocated time and then recognize the effects of exercise on their bodies.

The warmed up and cooled down to dance routines from Dance Animation (a dance resource produced by the School Sport Partnership)

The sessions got the 'thumbs –up' from all children and they were left inspired by the fitness centre and the positive effects exercise can have on their bodies.



