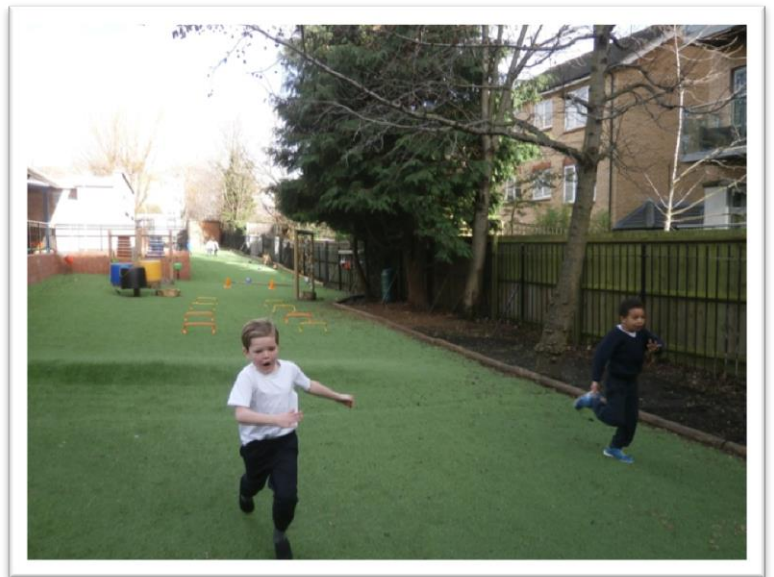




Athletics Club

We are the Athletics Club! We meet every Wednesday lunchtime (weather permitting) at the bottom section of the reception playground on the all-weather playing surface. There are 16 children in total, 4 from each year 2 class.

We start our session by warming up our limbs with a slow jog on the spot. Then we stretch out our arms and legs, followed by star jumps and knee lifts. Next we organise ourselves into 2 teams and start a relay, running a distance of 25 metres, around a cone and back.



This term we will introduce a baton to be passed to the next person and also use a pedometer to record the amount of running steps taken during our 20 minute session.

Sometimes we use flat ladders and small hurdles to add additional challenge to the exercises!

Last of all, to cool down and get our heart beats back to normal, we stretch out our legs and arms again so as not to stiffen up.

The children enjoy the Athletics Club and are keen to participate! There are 16 extremely disappointed pupils if it has to be cancelled due to inclement weather conditions!



Olympians in the making!

