Peak Fitness Challenge

On Friday 30th May most of the grade 3’s and 4’s will be doing the Peak Fitness Challenge.

I will be travelling by bus to the Life Be In It Centre. I will leave school at 9.00am.

I will need to bring my snack and lunch in separate disposable bags and bring a drink bottle.

The challenge will start at about 9.30 am. We will move around a circuit in small groups.

Some of the activities I might do are, weaving around poles, throwing a tennis ball into a canvas wall, skipping, stepping and jumping in and out of ladders.

I will finish at the Peak fitness Challenge at about 3.00pm and return to school by bus.

Many children at this school have competed in the Peak Fitness Challenge and have had fun.