

## Gym Stars Outing

Classes: All year 4 students

Date: 21<sup>st</sup> October, 2015

Teachers: Mr. Galea (4.1), Ms. Mizzi (4.2) & Ms. Ciappara (4.3)

During this week of school, all classes came up with different activities as to promote a healthy lifestyle. Year 4 teachers and students discussed what a healthy lifestyle is about. The main points included balanced eating, being physically active and resting enough. The Gym Stars outing gave us the opportunity to encourage students to become physically active. Students participated in a variety of activities through group rotation. Activities were mainly related to gymnastics and included trampoline, fun foam pits and circuit.

