Grade 1 / 2 Fitnessworx Incursion.

Physical activity needs to be a regular part of a child’s daily routine. It provides the foundation for a long, healthy life. The Fitnessworx incursion was about BEING ACTIVE and HAVING FUN.

**Fitnessworx Circus**

We participated in a number of activities that covered a range of exciting circus elements including hand and body manipulation. Activities included juggling, hoops and spinning plates, as well as balancing and acrobatics.

**Fitnessworx Mini Olympics**

We rotated around different stations and participated in Olympic activities. The activities were lots of fun.

I enjoyed the horse race because lots of people sat on the pretend horse and had a race. It was lots of fun. Kavayla

I liked juggling the scarves. It was a little bit hard to catch the scarves as we were throwing them up in the air. The spinning plates were hard. They kept falling down. Stanley

I liked the circus because I did the hula hoop, juggling and the tricks with the ball in the socks. Jerry

I liked playing with the balls in the sock. I threw two in the air at the same time and caught them. I liked the spinning plates because I balanced them on my head. I also liked throwing the balls in the hoop. Keilani

It was fun playing with the spinning plates and hula hoops. I could spin three hoops at the same time. Ling Ling

I spun five hula hoops on my waist. The spinning tops were fun. Mahi