

Sports Day – Running – April 25th



When? From **10:30 AM** to **12 noon**

Where? Meeting point is in front of the main **entrance to the gym halls.**

Who? **Gordon Chalmers** will be the coordinator.

What? Running (will take place in the Bois), abdos, push-ups, therabands **stretching** and various strength and mobility **exercises**. The session is aimed at showing students how to have a good and balanced fitness regime.

For who? **All girls and boys** from 5th and 6th secondary are allowed to participate. For those competing in the **football tournament**, this session is not available.

