



Fun Fit Friday – October 2019

The 25th of October was Fun Fit Friday at Moat Farm. Everybody (including staff) came dressed in sporty clothes prepared for a day full of physical activity. Everybody took part in several fun fitness activities:

- Daily Mile
- 1 hour Zumba session
- Games at break times and lunchtimes
- Dance activities within class

As well as physical activity, all lessons were based around sport. Children were writing sports poetry and exploring maths through many fun games that got hearts pumping. Everybody enjoyed the day and we cannot wait for the next Fun Fit Friday!

