

## Redbridge gym experience

7th December 2017



**Wellow**  
Primary School

Year 2 had a fantastic experience learning new gymnastic skills at Redbridge gym.

The children had coaching to use the trampolines, the vault, balance beams and on floor work.

The children really pushed themselves to achieve their very best, with some overcoming initial trepidations when balancing on the higher beams and jumping into the foam pit!

They worked with children from another school to create balances and shapes. It was fantastic to see how well they shared ideas and worked together.

The afternoon was a great opportunity for children to develop their fitness and confidence and a chance to use exciting equipment and receive expert coaching.

