

## **Feeling Fit on a Friday in Community Sport 30/09/16**

Today students from FECHch took part in Rambling as part of their Community Sports timetable. They looked at map work, identifying what the various symbols meant and then decided together as a group which route they wanted to take. Along the way students experienced OAA tasks working on balance and co-ordination. We also did a bit of cross curricular and had a look at the beautiful wildlife our local area provides and identifying specific breeds of Ducks such as the Mute Swan and the Canada Goose. Students show great communication and their social skills were being developed with the use of these various stimuli. The students worked hard today and really enjoyed being fit and healthy in the Community.

Danielle Hawkins

