

We really enjoyed our dance workshop with 'Exim Dance'. We had to move like sea creatures and then use these moves in a 'Sea Shanty' dance routine. To finish off our workshop we played the 'Jump Little Bunnies' parachute game! This was our favorite part.



We participated in mindfulness activities, such as yoga. We had a go at lots of different yoga poses. Some of the poses were really tricky as they involved lots of balancing.



Foundation: Sports Week

Foundation had a fantastic sports week and enjoyed participating in a variety of activities. We especially liked the House Day because we had a nice time competing alongside our siblings and grown ups.



We liked meeting a athlete who has represented Great Britain in competitions around the world. We had to warm up and then he showed us how to race. He was really inspiring and told us never to give up on our hopes and dreams!



We talked about how to keep our bodies healthy and looked in detail at the 'Eatwell Plate'.

