



Ruby Class – Life Skills

Throughout this year, Ruby class have taken part in the Life Skills programme run by the Saints Foundation.

During the Spring term, the module theme has been 'The Importance of Exercise and Accessing Leisure Opportunities'.



The learning objectives covered throughout the Spring term have included;

- Understand different types of physical activity
- Understanding why physical activity is important
- Identify leisure activities in the local community
- Attend a leisure activity in the community

Ruby class visited Testlands Hub to undertake a Gym Induction session to round off their learning and to have an experience of attending a gym, learning how to use the equipment safely and see what opportunities are in the community to keep healthy. The children have reflected on their experience and said, "I had no idea this sort of thing was out there!" and "It was so much fun! I didn't think I'd be able to do it but I did!"

Ruby class represented the school so well and did us all proud with their communication skills, the resilience they showed and their eagerness to discover new opportunities.

