

Skip 2Bfit

On Monday 8th October Montem Academy was pleased to welcome Skip 2Bfit to our school for a fantastic skipping workshop.

Our workshop leader John demonstrated to the children how to skip with his "2 minute challenge".

The children and staff had 2 minutes to see how many times they could skip, and then after a few minutes rest (and still feeling tired from the 1st round) they had to try and beat their personal best score. Amazingly about 85-90% of the children and staff were able to beat their 1st attempts. This showed great determination and will to want to achieve bigger and better scores for themselves.

John also gave the children a reusable pot filled with delicious blueberries for a healthy post skip snack and a blueberry bush for the school which Miss Morgan (4 sycamore) loves.

It was a fantastic day that left the children buzzing to skip and become fitter and faster.

Well done to all who took part in our Skip 2Bfit day.

