

On Saturday 13th October Aaron, Connor, Cameron and myself (Stefan) went to Bushfield's Sports Centre to attend an Athletics Sports Hall Event.

The sort of activities we did were an obstacle course, standing long jump, triple jump, speed bounce, chest push and 4x1 race.

First we did the obstacle course where we had to do a roly poly then fast feet after that we did 10 speed bounces then jump over 2 hurdles then run fast from one end of the hall to the other. We had to tap the next team member on their shoulder before the set off.

The standing long jump was quite hard, as we had to stand and swing our arms before we could jump, which meant we didn't get much push from our legs. We had 3 goes each and we did pretty well, considering 2 of us had short legs!!

The triple jump was much easier because we had to do a hop, skip then a jump. This meant we went further as we had more speed.

The speed bounces were very hard and tiring because we had to do as many as we could in only 20 seconds; it's not as easy as it looked!

The chest push wasn't easy either because the ball weighed 1kg. We had to push the ball away from our chest as far as possible.

The last activity was the 4x1 race, which some of us found hard as we're not good at sprinting; I'm one of them as I prefer long distance to speed running.

We all had a really good time and are looking forward to the next event which is on Saturday 24th November and we would really like some more junior members to come along and have as much fun as we did.

Stefan Fellows