



We felt ecstatic when we found out we had been chosen to teach our fitness routine to the whole school. Although we were slightly nervous, we decided to give this amazing opportunity our best shot. Firstly, we went to the KS1 assembly and talked to them about the importance of national fitness day and plenty of exercise. Then, we taught to them the four moves in our exercise routine. The music was turned on, and everyone's happiness bubbled from inside

them. It was like we could see the adrenaline rushing through their veins. Our favourite part was watching the little ones enjoy themselves as they jumped non-stop. At playtime, the three of us worked together to make a slightly more elaborate sequence for the rest of the school- KS2. After lunch, the whole school assembled on the pitch and we taught them our terrific composition. Just when everyone had started to sweat, it began drizzling and the day was ended with a cooling finish!

*"I felt that this was an amazing opportunity as I don't like people watching me dance but this really boosted my confidence, I would love to do this again!" - Dhruvi Sharun (6CC)*

*"I really enjoyed the awesome experience and would love to perform in front of large audiences when I am older!" - Keiyona Paretha (6CC)*

*"I'm usually shy, however this experience has encouraged my self-esteem and I don't regret accepting this adventure at all! It was very gleeful doing this with my friends!" - Isha Savadia (6CC)*

