

## 'ENERGY FITNESS' IN SULLIVAN

'ENERGY FITNESS' was held at Sullivan on Wednesday 9<sup>th</sup> of February. Freddy met with me and organised what we would like on the forms and suitable times and dates. A few weeks before the event he came in with the sponser sheets and spoke at assembly to promote the event.

As a school we decided all the junior pupils would have an opportunity to take part and so over 400 children came to school in their tracksuits ready to be active!

Each year group took part in a none stop hour of energetic and fun activity to music with Freddy and Cathy creating competition between the boys and girls to keep them loud and working hard!

After all three year groups had participated the whole of the junior school returned to the School Hall to listen to Freddie, Cathy and Neill Sinclair explain how they reached their sporting goals and demonstrate some sporting skills.

All those who took part enjoyed the event, even some of the children who normally avoid activity if possible! The day raised a good sum of money for the Tsunami Appeal and sports equipment for school. Overall, I would recommend 'Energy Fitness' as a well organised and good fun way to raise money and promote exercise.

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(P.E. Teacher in Sullivan)