

# BELLSQUARRY PRIMARY SCHOOL HEALTH WEEK 2014

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I have been given the task to report some facts about the sports that we have been practising during health week here in Bellsquarry Primary School .

## Club golf

I have just done club golf and I saw P4 do it as well. It was an amazing experience and I would love to do it again. I asked P4 some questions about the golf; they all enjoyed it and some even did lessons already.

For club golf we had to warm up.



Then we started, we played with the putter and the driver.



## First aid

I have done first aid with P5 and P6. I have learned how to bandage a hand and arm, how to put a sling on someone and how to put somebody in the recovery position. We all thought it was fun to: put a sling on someone for if there was an Emergency. It was good because it was new, helpful and fun to bandage others, getting to actually do it was great. It was good information, a good skill to learn and good to revise for the people who have done it before.

The other pupils that I spoke to said that they are looking forward to learning how to bandage someone's head, put them in the recovery position and how to do CPR.



# Our healthy picnic

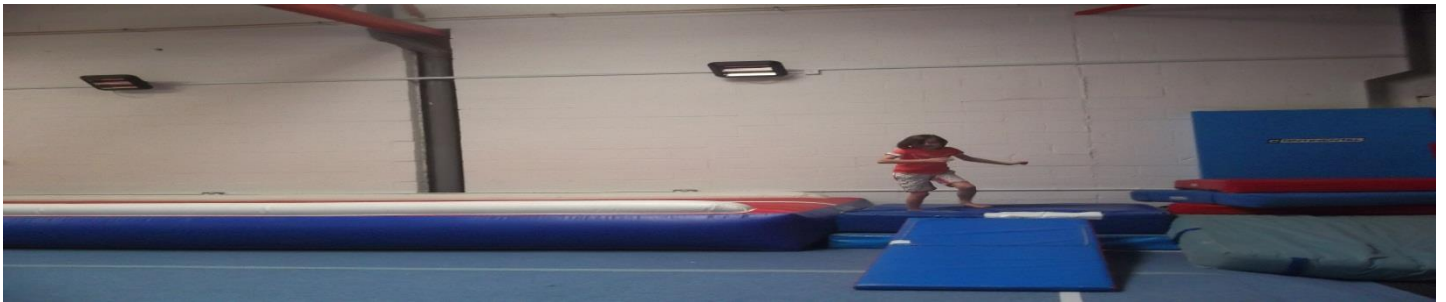
Our healthy picnic was on Wednesday the 4<sup>th</sup> of June. P1-P3 had it in their classrooms but P4-P7 had it in the hall. The reason we had it indoors is because it was raining outside.



While I was eating my lunch I saw lots of fruit and veg, water and sandwiches. It was a very health lunch.

## Gymnastics

I went with P3 to Astro gymnastics. I enjoyed watching it and seeing how everyone reacted . They were really entertained by it. They went on the Tumble Track.



And the  
equipment

## Aerobics



On Thursday we went to aerobics and it was very fun we did a song called the sally song. When it says bring sally down you half to squat but we did the song for longer than the fourth years did. We had to do lots of stations. There was squats, skipping, push ups and sit ups, star jumps and shuttle runs.

We really enjoyed health week because it was fun to do things different from what we usually do at school.

Crated by Beth Kidd P5