

North Ormesby Primary School pupils' big step to fitness

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ACTIVE kids from North Ormesby Primary School are keeping fit with fun new gym equipment in their playground.



The air walker and cross trainer have proved such a popular attraction, even the teachers are queuing up to use them to keep in shape between lessons, pictured above Ellie McDonald, Jake Horsman, Curtis Loughran, Nathan Wardle, Hannah Patton and teacher Becky Llamas.

Year six teacher Becky Llamas said: "The children have to think staff are trying to be fit and healthy as well. We are supposed to be role models.

"It's very important for schools to promote a healthy lifestyle, especially at primary age, because that's when habits are formed.

"If they are in the habit of choosing healthy options and exercising, that will go on for the rest of their lives."

The installation of the keep fit equipment is the latest development for the school, which aims to encourage pupils to lead a healthy lifestyle.

Becky said: "It's really exciting for the children, as most gym equipment is not made for junior school children. "We try various different things to encourage the children to be healthy and active, such as wake up and shake up classroom moves."