

## Weighted hula hooping club returns!



Last year, Gateways introduced its first ever weighted hula hooping workout club and I'm pleased to report that it is back by popular demand this year!

Hooping is not only a fun workout, but it also helps to develop balance and strengthens core muscles. This club has consistently been popular amongst the current Upper 5, but word has now spread to Lower 4 who, as you can see, have started to join in on the action.

Pupils will now be working on routines to develop their physical health whilst simultaneously boosting their mental health.

Mrs Elizabeth Hayward