

## Weighted hula hooping club returns!



Weighted hula hooping club was first introduced to Gateways back in 2022 but is still going strong!

This week, a number of Lower 4 pupils joined in for the first time and there was a lot of laughter to be heard as we all spun away to the sound of music!

There was some excellent form on show and even those new to the activity picked up the skill quickly. As such, we look forward to building on our hula hoop workout routine with arm and leg exercises over the next few weeks.

This club is open to all year groups in High School so, whether young or old, it's never too late to pick up a hula hoop and join in!

We look forward to welcoming even more new members every Tuesday at 12:50pm.

Mrs Elizabeth Hayward