

Sycamore Class Cardio Wall

In PE this week, Sycamore Class have been working on their fitness using our fantastic Cardio Walls. We developed our speed and agility the more we practiced, and we are now going to work on developing our upper body strength.

We really enjoyed using the wall; here are some thoughts on the wall from our class members:

The Cardio Wall is very cool. I really like the challenge, it's like learning how to box.

Akil

I felt excited using the Cardio Wall.

Abdul

















