

FITNESS FRIENDS

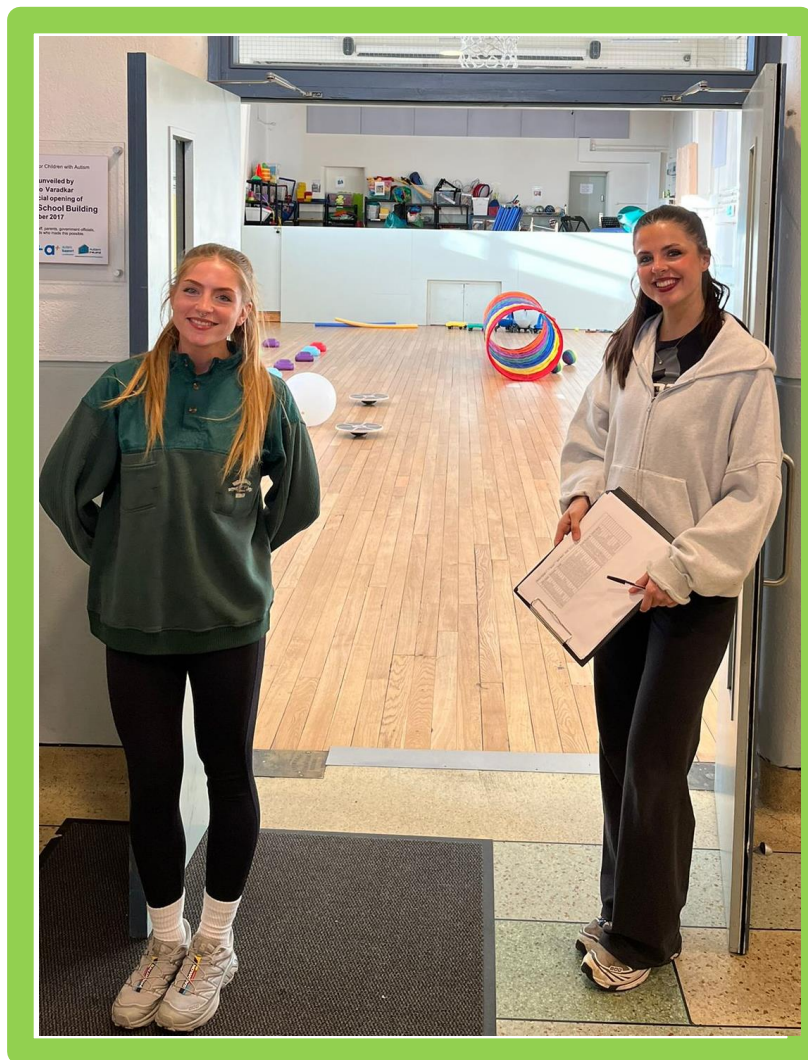


This is ABACAS School.

Fitness Friends is in the hall
through this door.



This is the door into the hall
where I will play games and
activities with my friends.



This is where some of the Fitness Friends leaders will meet me.

They will say hello and bring me into the Hall.

I will say bye to my Mammy or Daddy here.

They will collect me here after Fitness Friends is over.



This is where I can leave my coat.

I can sit here when I am tired or when I am waiting to play in a game.



This is where I put my water bottle.

I might get hot running and playing and will be able to take a drink whenever I need one.



The hall set up for all the games we will be playing.



This is the door to the bathroom if I need to go to the toilet.



I will have lots of fun playing games and activities with my friends.

If I need help a fitness Friends leader will help me.



In between games the leaders might ask me to sit on a spot until it is my turn.



This is one of the games we play - Red Light, Green Light



When Fitness Friends is over, I will take my water bottle and I will go to the main door.

Mammy or Daddy will collect me here.

Then I will go home.

Bye Bye Fitness Friends, see you next week.