

# Fitness Friends



This is ABACAS School.  
Fitness Friends is in the hall  
through this door.



This is the sign in desk.  
Some of the Fitness Friends  
leaders will be there to 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 the door into the hall  
where I will play games and  
activities with my friends



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.



This Hall all set up for the games we will be playing.



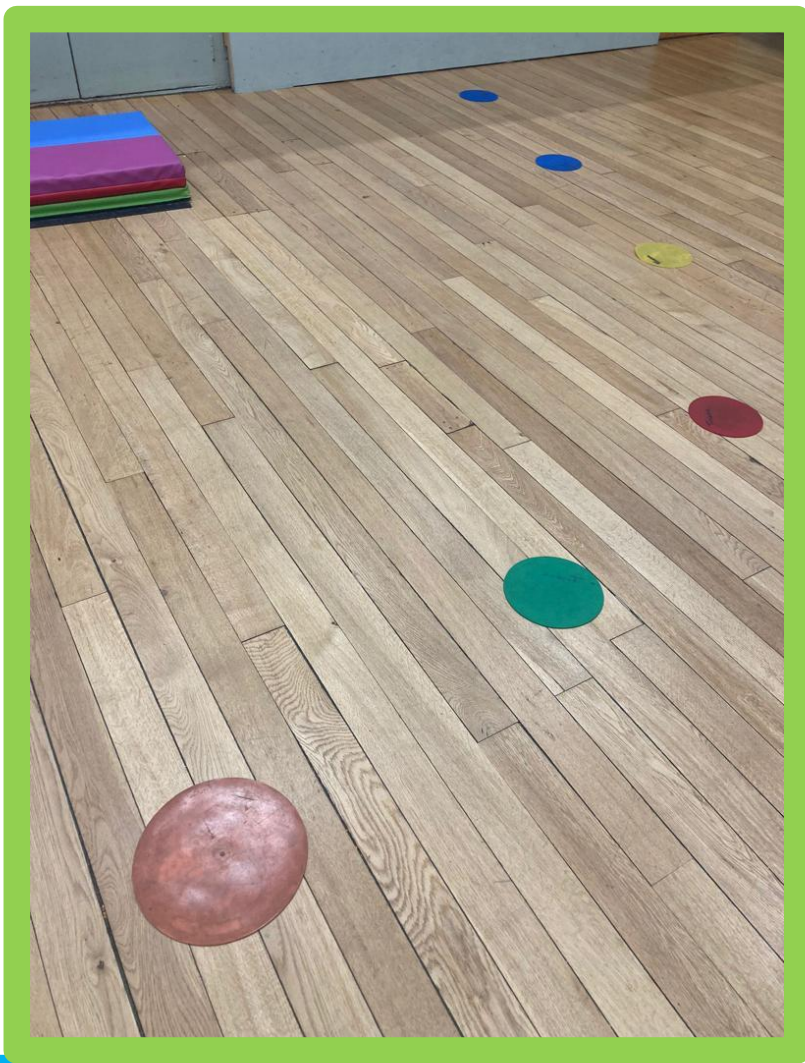
This is the door to the bathroom if I need to go to the toilet.





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.



Here we are doing our stretching at the beginning of class



This is one of the games we play – throwing javelins



At the end of class I will get a sticker

Niall in the red jersey is our coach



When Fitness Friends is over I  
will be collected at the door.

Then I will go home.

Bye Bye Fitness Friends, See  
you next week.