



Clip and Climb

Pupils from different school across Ipswich had the opportunity to visit clip and climb this week to take part in a sport that we are unable to offer in school.



Tommy Ramdan



On Tuesday our school got to meet sprinter Tommy Ramdhan. In the morning we had worship with him and he told us some stuff about himself like where he was born, what got him into athletics and he showed us a triangle of the food he eats.

These are high-quality whole foods. Just before lunch the Sports Leaders got the opportunity to ask Tommy some questions like "How old were you when you started athletics?" and "What did it feel like winning gold twice and getting picked for an adidas advert?" He answered all the questions perfectly. Then just before home time we got to have a PE session with him. It was quite hard, we had to do 30 seconds of star jumps then 30 seconds of squats then another 30 seconds of burpees. Then we did that one more time. We did some relay races then after that we did some shuttle runs and some exercises. It was real good fun, I'm pretty sure everyone would do that again and we also got his signature.



Lucy-rose and Mackenzie (year 6)

