



PERPETUA HOUSE

What The Kids Gym means to the children at Perpetua House

We have been attending sessions at The Kids Gym for the last academic year.

In this time, we have seen an improvement in all aspects of our learner's health. They have lost weight, improved their muscle strength and general fitness. This is all evident in the school day where the learners are now able to sit for longer periods at their desks engaged in the lessons. They are now even willing to participate in physical activities that they would have previously not enjoyed.

For me though, the greatest success has been that The Kids Gym sessions are the highlight in the week for my special needs teenagers. Amongst those in the group I have a teenager with cerebral palsy, a teenager who has undergone a hip replacement, a teenager who has had several heart operations in the not so distant past and several inactive, overweight teenagers, all of whom can't wait for gym each week.

The program provided engages and enthuses the learners. The variety and use of specially child sized equipment adds to the sense of belonging for the learners. The Kids Gym is their gym. They come back to school after each session thoroughly exhausted but so very proud of what they have done and achieved. They talk about "eating healthy food for gym", they want to exercise and go for walks in the school week in order to "make our tummies smaller" and they cannot wait to get back to their coaches each week.

Our visits to The Kids Gym has become an integral part of our curriculum, an absolute asset to our learning programme.

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