

**RUN
WITH
IT**

What We Do in Our Sessions

Ganton Healthy Lifestyle Day



As part of our healthy lifestyle programme we had the opportunity to offer Ganton School a session at the Hull City Training Centre. This was an incredible experience as the children got to meet Hull City players such as Jacob Greaves, Harry Vaughn, Oscar Estupinan, and Alfie Jones. As well as this, they met former player and current coach Andy Dawson.

They took part in many activities in support of the healthy lifestyle scheme. The students had the chance to attend a talk with sports scientists about nutrition, physical activity, and mental health. They also took part in a penalty shoot-out with the coach and acted as interviewers in the press conference room. By incorporating healthy living with a fun day out at Hull City

Training Centre, our healthy lifestyle scheme created an amazing opportunity for Ganton School to learn all about staying fit and eating well.



Written By Melanie Johnson
Lead Teacher at Run With It