

# THE TANNAGHMORE NEWS

## The Big Workout Day

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### The Workout Day

The Big Workout Day is a fundraiser we do every year. Everybody in the school got involved, it was Wednesday 4th October. It was in the hall.



### The events

The first event I did was the hard tyre run the group I was in got split in to for this.

The second was the basket ball shoot. (All the activities where fun.)

The next thing we did was the high jump and mediation balls , high jump was hard but the balls weren't.

The fourth was the best ,Gladiators it's when you ram big shields.

Then finally balance. In conclusion it was a fun day and well done everyone

