



DRAYTON MANOR HIGH SCHOOL

MENTAL HEALTH WEEK - PARK RUN

FRIDAY 7 FEBRUARY



Since the start of the spring term, Year 9 students have been introduced to a variety of training methods in order to improve health and fitness. Each week students are taught about the fundamental principles that underlie some basic training and exercise routines. During week five, students were introduced to Fartlek training. As a result, students were taken on a training session through Hanwell, during which they could walk, jog or run over various surfaces and gradients. The session took the students past some historic sites in the local community before ending at the local Bunny Park. Despite being a little out of breath, both 9E and 9H were more than happy to pose for the camera and show off their pride at completing another challenging fitness session.