

Manu Olympics 2016

15 August - Manu came together as a group to celebrate the Olympics. We gathered at Vogeltown Park to participate, develop some new skills and to have fun.

Manu has always promoted active movement for children. By moving in increasingly complex ways children learn to coordinate their bodies, balance and develop core strength.

When we play in groups we learn to take turns and consider others. In groups we contribute our time and energy to tasks that we would quickly tire of when playing alone.

To prepare for the Olympic day the children made flags, practiced the National Anthem, practiced their running, jumping, boxing, hurdles, weightlifting, shot put, equestrian, gymnastics and swimming!