***Year 4’s extraordinary trip to urban ascent by ebun***

*In the afternoon on Thursday the 2nd of October 2014 we were getting ready to go on a trip to urban ascent climbing wall.*

*Firstly, we got changed in to our P.E kits, and then we ate our lunch (in the class) and went to the toilets and to get some water. Soon we were leaving to Stockwell station; we went on the tube meanwhile doing our activity packs. Then we got off at parsons green were we walked the rest of the way it was about a 10 minute walk until we got to the station. Next we met our instructors called Dan tanh Nick and Arron; they gave us our helmets to wear for safety. They said “do not jump off the climbing wall from a high height but if you fall our jump from a low height then bend your knees “we played a warm up game to increase our body temperature. When we were done with that we learnt how to traverse witch is climbing sideways, then we tried to climb as high as we possibly could. It was so fun and exciting, we played a game called hang tough and my group won. Then we played the final game, we took off our helmets and went upstairs to have the rest of our lunch. Finally we went back onto the tube and travelled from parsons green to Victoria from Victoria to Stockwell and then to school. On the way back from parsons green we finished of our activity packs. When we got back it was home time and everything was ready to go home. We all went home to have supper. The next day miss chose the winners for the activity pack competition. It was in partner me and Ricky was first Tori- Ann and Mitzi came second and Moureik and Maria came third the prizes were* *a glitter glue pen, Haribo and a sticker. I said ‘’hooray!!”There were 3 runners up and the prize was a sticker, that day was a treat because we also got to play football in the cage*.