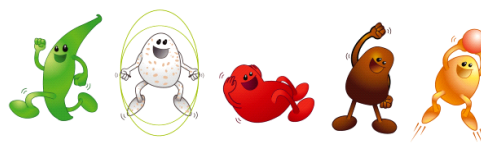


FUNdamentals CLUB



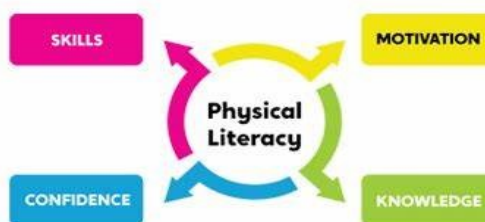
Full of beans

CHILDREN'S FITNESS & SPORTS COACHING

Gayton Primary

Tuesdays 17 Jan - 28 March

3.20 — 4.20



This NEW Club is now open to children in years F2, Y1 & Y2

This is a brand NEW FUN club supports the physical literacy of children. It will develop your child's motivation, confidence, physical competence, knowledge and understanding to provide them with the building blocks to be active for life. We include ;

- Travelling e.g. running, hopping, skipping, jogging etc.
- Balancing, stretching, twisting, pivoting all of which build strength and control.
- Involves other objects e.g. Throwing, catching, pushing, bouncing, dribbling etc.

Increasing a child's physical literacy can improve their academic performance; cognitive skills; psychological health; social skills; mental wellness; and healthy lifestyle habits.

The cost is just £4.90 per week & we also offer sibling discounts. Full of Beans are members of the Children's Activities Association, giving parents peace of mind.

If you would like your child to participate, please head to to <https://www.fullofbeansfitness.co.uk/wirral-and-Liverpool> OR click HERE for the direct link. This takes you to a secure site where your booking details can be entered and your payment taken.



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