

St Albans and District Extended Schools Consortia present



BodyWorks



@ MPL School - Year 3 and 4

Your child has been offered the chance to participate in the Bodyworks programme - a 4 week After School Club running on Wednesdays from 3.15 - 4.15 in the main hall starting on Thursday 17th June, then 24th June, 1st July and finishing with the last session on Thursday 8th July.

The programme starts with the whole year group watching the award winning production of 'The Golden Spoon' during the School day - a fun, interactive workshop performed by the Hens Theatre Company.



Charters – Sports – Thurs 17th June 3.15 - 4.15pm

Enjoyable, multi-ability sports including: football, dodgeball, tag rugby, tennis, rounders, kwik cricket and many more.



Watford Football Club – Thurs 24th June 3.15 - 4.15pm



Lots of fast-moving games using balls, hoops and bean bags, linked to areas of food, muscles and healthy living



Watford Football Club – Thurs 1st July 3.15 - 4.15pm



*Fun and interactive games, puzzles and information on how your body works.
Areas covered include exercise, diet and being healthy*



Healthy Foods – Thurs 8th July 3.15 - 4.15pm



A chance to try new foods and make fruit kebabs or snacks on sticks.

The final week we ask Parents/Carers to come back 10 minutes early and we will present certificates, cookery books, sweatbands and folders to all participants.

This programme is **FREE** of charge and is open to all children in Year 3 and 4 - places are limited and will be allocated on a strictly first come/first served basis - your child may not be successful.

Children must be able to attend all 4 sessions and should be picked up at 4.15pm from the School hall. To book your place, please return the slip below to the school office A/O Nikki Howes ESCo.

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Childs name.....DOB.....



Contact numbers.....

I give permission for my child to attend the 4 week Bodyworks programme @ MPL and to take part in all activities. I will indicate below any food allergies or medical/dietary requirements.

Information.....

Parent/Carer signature.....Date.....