

St Albans and District Extended Schools Consortia present



# BodyWorks



**@ Park Street C of E Primary**

Your child has been offered the chance to participate in the Bodyworks programme - a 4 week After School Club running on Wednesdays from 3.20 - 4.20 in the main hall starting on Wednesday 23<sup>rd</sup> September, then 30<sup>th</sup> Sep, 7<sup>th</sup> Oct and finishing with the last session on Wednesday 14<sup>th</sup> October.

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

## Charters – Sports – Weds 23<sup>rd</sup> Sep 3.20 - 4.20pm



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



## Watford Football Club – Weds 30<sup>th</sup> Sep 3.20 - 4.20pm



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



## Watford Football Club – Weds 7<sup>th</sup> Oct 3.20 - 4.20pm



*Fun and interactive games, puzzles and information on how your body works.*

*Areas covered include exercise, diet and being healthy*



## Healthy Foods – Weds 14<sup>th</sup> Oct 3.20 - 4.20pm



*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 4 and 5 - 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 4.20pm from the main hall. To book your place please return the slip below to the school office for the attention of Nikki Howes ESCo.



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



Contact numbers.....

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

Information.....

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