

St Albans and District Extended Schools Consortia present



BodyWorks



@ Bowmansgreen Primary School

Your child has been offered the chance to participate in the Bodyworks programme - a 4 week After School Club running on Thursdays from 3.15 - 4.15 in the main hall starting on Thursday 11 November, then 18 November, 25 November and finishing with the last session on Thursday 02 December.

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 – Thur 11 Nov. 3.15 - 4.15pm

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



Watford Football Club – Thur 18 Nov. 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 – Thur 25 Nov. 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 – Thur 02 Dec. 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 - 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 main hall. To book your place please return the slip below to the school office for the attention of 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 and to take part in all activities. I will indicate below any food allergies or medical/dietary requirements.

Information.....

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