



Anston Park Junior School,
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Head Teacher: Mrs. A. E. Bartholomew

'Where every child's potential counts'

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"Wake up - Shake up" Morning Sports Club

Dear Parents/Carers,

Following on from the success of last half term's "Wake up- Shake up" morning sports clubs. We are delighted to announce that the club will continue following the Easter holidays. Please find information on how Wake up- Shake up club will run for the following half term.

"Wake up – Shake up" morning sports clubs provide a great opportunity for children to participate in physical activity and socialise with fellow children, it will also provide a fantastic platform for children to start the school day. Evidence shows that introducing elements of physical activity to children before school begins can engage their minds and prepare them appropriately for the day ahead.

"Wake up – Shake up" club will focus on a high energy, excitement packed combination of games, potted sports and activities to engage all children regardless of ability. Children will experience a wide range of sports in a safe, fun and familiar environment.

The club will focus on games that are not usually played under our normal P.E curriculum allowing children to experience a greater variety of sports that we usually don't have the chance to play. These sports include, Dodgeball, Yoshi, Mat Rounders, Danish Longball, Rolling Rocks, Swampball to name but a few.

Please visit allroundersportcoaching.co.uk to book a place on the club. Parents must create an account prior to booking.

The "wake up shake up" club will be run by Mr Smith on behalf of All Rounder Sports Coaching, hence the charge for this club.

Children will receive fruit juice at the end of each session.

Once the session has finished, children will go straight to their classes to start the school day.

Please contact All Rounder Sports Coaching direct on 07988612882 or allroundersportscoaching@outlook.com should you have any questions regarding this club. Thank you,

Mr Smith

