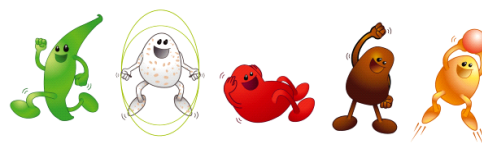


# Sportshall Athletics Breakfast Club



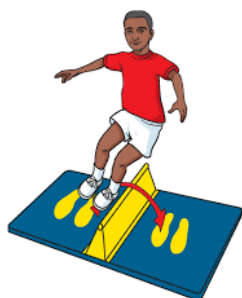
## ful of beans

CHILDREN'S FITNESS & SPORTS COACHING

St Peter's Primary

Thurs 19th Sept — 24th Oct

8am—school starts



This Club is open to children in Years 3, 4, & 5

With the school competitions in mind, with our fully qualified PE teacher, each week the children will learn something new and they will improve their individual skills. Children will also work together in teams eg. Relays which will help with their teamwork and communication skills.

Many areas to coach including ;

- |                   |                       |
|-------------------|-----------------------|
| ☑ Shuttle Running | ☑ Long, & Triple Jump |
| ☑ Verticle Jump   | ☑ Speed Bounce        |
| ☑ Javelin         | ☑ Shot Put            |
| ☑ Target throw    | ☑ Chest Push          |

The cost is just £4.33 per week. 6 weeks is £26.  
We also offer sibling discounts.

If you would like your child to participate, please head to [www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk). Click the **WIRRAL area** Button, & follow link to book clubs & look for your school.

If you have any questions at all, please don't hesitate to contact Nicky on the number or email address below



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[www.fullofbeansfitness.co.uk](http://www.fullofbeansfitness.co.uk)