



# Football Breakfast Clubs

Billingshurst Primary School

## Breakfast Clubs

Evidence shows that introducing elements of physical activity to children before school begins can engage their minds and prepare them for the day ahead.

Our BREAKFAST CLUBS run for 45 minutes and stimulate the learning experience of your child.

Children enter the school day alert and ready, having engaged their minds and body.

**Your child will learn valuable skills including...**

- The importance of being punctual and well prepared for the day
- Be more alert for a day of learning within the school
- Understand the importance of healthy lifestyles
- Improve coordination, balance, agility and flexibility
- Communicate appropriately and effectively with others
- Engage and interact appropriately with other children
- Be given realistic challenges to achieve
- Use tactics and strategies to increase chances of success

Reserve your child's place and give them a great start to the day:

## Thursday 8:00 – 8:45

Key Stage 1 & 2 Football

5<sup>th</sup> May to 14<sup>th</sup> July 2022

£45 for 10 Weeks

# Book Online

For further information and to book your place visit [www.purelysport-coaching.com](http://www.purelysport-coaching.com)

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