



Scalford C of E Primary School

School Lane, Scalford, Melton Mowbray, Leicestershire LE14 4DT

Head Teacher:
Mrs K. Hill Bsc Hons.
PGCE, QTS, NPQH.

Telephone/Fax: 01664 444282
e-mail: office@scalford.leics.sch.uk
website: www.scalford.leics.sch.uk



Following the success of the taster sessions last week with Base 2 and 3, we would like to offer an after school club in Activ – 8. Activ-8 is a fun, funky fitness session for our KS2 pupils. The sessions are being run on Wednesdays from 22nd February until Wednesday 28th March, from 3.30pm until 4.15pm (6 sessions).

The sessions include using swiss stability balls (space hoppers without handles!), balance equipment, speed ladders and much more. The sessions are designed to improve strength, balance and stamina – whilst having fun!

Sessions are ran by Ginny, a fully qualified personal trainer and member of the Register of Exercise Professionals. Ginny is CRB checked and has personal liability cover. Parents will need to collect pupils from the hall at 4.15pm and children will need their PE kit.

Sessions will cost £2 per week (£12 for the 6 week block). The school is helping to subsidise the cost of the activity and so this is being offered at a reduced rate to parents.

If you would like your child to attend, please complete the slip and return to school by Friday 10th February.

Kind regards,

Mrs Hill

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Child's name..... Year group.....

I would like my child to participate in the Activ-8 sessions. I understand that my child will need to be collected from the village hall at 4.15pm.

I will be paying £2 per week.

I enclose £12 for the 6 sessions.

Signed..... Date