



**TOGETHER
EVERYONE
ACHIEVES
MORE**

WAKE UP SHAKE UP

7:45AM, £3 PAYG

BRPS Wake Up Shake Up Club provides children from KS1 and KS2 with a fun and lively way to start the school day. Each session starts with a warm up and ends with a 'cool-down/calming', activity and a drink to allow the children to relax and approach their class based work re-energised. Come along and try it out – its great fun!

Pay on parentpay.

Motivation Monday	Leadership skills and confidence skills. This will be led by them developing their own multi-skills games.
Tactics Tuesday	Critical thinking. Children will play games and ask questions on how to be successful and overcome problems.
Wednesday Wonder	Links to confidence. Each week children will be trying different sports to build up confidence to be brave when trying or doing new things.
Team Building Thursday	Key skills are communication. Children will be tested through a range of team building activities improving communication amongst themselves and other year groups. Old children will have more responsibilities and younger children will be encouraged to also make decisions.
Fitness Friday	Linked to resilience. Fun fitness, circuits. Children are encouraged to work as hard as they can.

Motivation Monday

Tactics Tuesday

Wednesday Wonder

**Team Building
Thursday**

Fitness Friday

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