



ACTIVE PLAY IS A MULTI-ACTIVITY PROGRAMME THAT WILL STIMULATE AND CHALLENGE CHILDREN PHYSICALLY AND MENTALLY, WHILST ENSURING MAXIMUM FUN, PARTICIPATION AND ENJOYMENT.

ACTIVE PLAY IS A UNIQUE AFTER SCHOOL CLUB THAT TEACHES CHILDREN THE IMPORTANCE OF A HEALTHY ACTIVE LIFESTYLE, USING IMAGINATIVE GAMES AND ACTIVITIES INCLUDING WEEKLY THEMED SESSIONS SUCH AS UNDER THE SEA AND SUPER HEROES.

> GAMES INCLUDE , SPACE INVADERS, BATTLESHIPS AND LIFEGUARDS PLUS ... EQUIPMENT SUCH AS PARACHUTES, HOOPS, BEAN BAGS AND SPONGE BALLS.

EACH ACTIVE PLAY SESSION INCLUDES A VARIETY OF GAMES AND IS STRUCTURED TO INCLUDE A WARM-UP, MAIN ACTIVITY GAMES AND A COOL-DOWN, WITH CLASSES TAKING PLACE OUTSIDE WHEN THE WEATHER PERMITS.

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