

Dear Parents/carers,

Tomorrow, on the Key Stage 2 playground, Mr Cunneen will be running a wake up shake up session as a trial for anyone who would like to join in (parents included).

This will run at 8.35-8.40am before the children go into school and settle down for their learning.

What is wake up shake up?

Wake up shake up is a physical development programme where the children are taught a sequence of movements to music. The benefits of the children taking part in this programme are:

- Improved co-ordination (gross motor skills then impacting on fine motor skills)
- Improved rhythm and timing
- Improved concentration and application to tasks
- Increased stamina
- Improved behaviour
- Improved hydration

The children can do this in their normal school uniform.

Thank you
Mrs Nicholls

Sent via

School Life