Beaconhill Community Primary School Langdale Drive Cramlington Northumberland NE23 8EH

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Thursday 9th February 2023

## Dear parents/carers,

Following the success of the Boxercise sessions that children in Years 5 and 6 have enjoyed this half term, we will be offering the same opportunity for children in Years 3 and 4 to take part after the half term break. We will be holding five after school Boxercise sessions delivered by Next Generation NE Coaching. These sessions will take place every Wednesday from 3:15 until 4:15. This club is offered to up to 15 children from Years 3 and 4 only. Please note, as it will be dark, children must be collected by an adult after the club finishes even if they usually walk home alone. The cost will be £5 for the five sessions. If you would like your child to attend Boxercise, please contact the school office to reserve a place. Places are limited and will be allocated on a first come, first served basis.

Boxercise is based on the training boxers use to keep fit. The fun sessions might include **shadow-boxing**, **skipping**, **hitting pads** and other **fitness activities**.

- Wednesday 1st March
- Wednesday 8th March
- Wednesday 15th March
- Wednesday 22nd March
- Wednesday 29th March

Mr Routledge

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