

September 2025

Active and Flexibility – All year Groups

Dear Parents/Carers,

We are very excited to be offering a Gymnastic style club for Autumn term, called Active and Flexibility with Mrs Norman- Shaw. This club will be on a Thursday morning for 30 minutes 0815-0845.

This will be available for all year groups. I am excited to be offering Active and Flexibility as an extra curricular school club for all abilities. Over the last 10 years I have built up my own gym club and worked as head coach throughout this period. I have extensive knowledge of the sport and I teach and develop children from age 4-16 so this class I am offering will be available to all age groups. After competing at county level myself when I was younger, it felt like a natural progression for me to stay in the sport. My highest qualification is Women's Artistic Level 3 and I also have qualifications in pre-school, along with being first aid trained. Seeing how gymnastics can help young people stay in good physical and mental condition is the reason I do what I do, watching them build friendship groups and most importantly, having fun. The classes will involve games, group activities and learning new skills. We live in a digital world so getting out and being active works well for the body and mind. I hope this will be of interest to you, and I look forward to your response and interest.

This club will take place from 0815 – 0845 each Thursday starting **Thursday 18th September** and finish on **Thursday 11th December**. Pupils will need their indoor PE kits for these sessions and arrive ready in their kits.

There are 10 places available and will be offered on a first come, first served basis. This is managed by Arbor and when the club becomes full, you will no longer be able to book a place. Booking opens on Friday 5th September and closes on Thursday 11th September. If you do NOT make payment, your child will not be added to the club. Full payment is required in order to run these clubs. As a school we have to cover the costs in order to offer these enrichment opportunities

The cost will be £2.00 per session. The total for 12 sessions is £24.00.

Thank you
Mrs Norman-Shaw



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