

NEW

S4K

S4K AFTER SCHOOL CLUBS

COMING SOON
STARTING 3RD JAN

@ LYNE & LONGCROSS PRIMARY SCHOOL SCHOOL

S4K After School Care Club is an extension of the school day, aimed at supporting working parents, but also to giving children the chance to enjoy physical and mental well-being activities.

Every day is different, supported by S4K coaches teaching sports and fun physical games to children, mixed with activities designed to help children relax and unwind.

Each child is also provided with a nutritional snack choice at our after school care clubs

£13.50  3.15PM - 6.00PM

S4K SAMPLE TIMETABLE

Time	MOTIVATION MONDAY	TEAMWORK TUESDAY	WELLNESS WEDNESDAY	THOUGHTFUL THURSDAY	FITNESS FRIDAY
2:45PM	SET-UP				
3:00PM	NUTRITIONAL SNACKS + INDOOR CREATIVE PLAY (LEGO, Arts&Crafts, Board-Games, Puzzles, Books)				
3:30PM	PHYSICAL PLAY				
	Tag Games	Team Relay Games	Capture The Flag	Team Building Games	Obstacle Courses
4:00PM	SPORTING PLAY				
	Dr Dodgeball	Football Rounders	Balloon Volleyball	Uni-hoc Tournament	Kwik Cricket
4:30PM	MINDFULNESS BREAK				
4:45PM	MULTI-ACTIVITY PLAY				
	Hungry - Hippos	Dinamo Dodgeball	Benchball	4-Colour Eliminator	Crab Football
5:15PM	EDUCATIONAL SUPPORT + OUTDOOR CREATIVE PLAY (Soft Balls, Adventure-Playground, Tag Games)				
6:00PM	HOME TIME				



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NEW

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S4K BREAKFAST CLUBS

COMING SOON
STARTING 3RD JAN

@ LYNE & LONGCROSS PRIMARY SCHOOL SCHOOL

S4K Breakfast Club provides children with a healthy and nutritious breakfast, as well as giving children the chance to be physically active before the start of the school day.

Research shows that early morning exercise can help children with learning and concentration. S4K coaches will ensure children have fun with their friends and start their day The S4K Way!



£ 7.50



7.45AM - 8.45AM



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MY CHILDREN ABSOLUTELY LOVE COMING TO THEIR BREAKFAST CLUB IN THE MORNING! THE COACHES ALWAYS MAKE SURE THEY ARE WELL FED AND EXCITED FOR THE SCHOOL DAY
PARENT FROM WOOD STREET SCHOOL

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