

# Year 3/4 Bubble

2.55pm-3.55pm

Spring Term 1

Monday	Cross Country	Woods	Mrs Jones, Mrs Payne, Mr G Tuck
	Art Club	Y4 classroom	Miss Wetherick
Tuesday	Football	Field	Miss Newland
	Ukulele (£3)	Bus	Mr Parkin
Wednesday	Golf (£5) CARRIED OVER FULLY BOOKED	Westridge (4.30pm pick up)	Miss Newland, Mr G Allen
	Mindfulness karate (for relaxation)	Y3 classroom	Miss Cottee
Thursday	Multi-Sports	Field	Miss Newland
Friday			


## Club Description:

### Year 3 & 4

**Cross Country (Monday)** - Running club in the woods with Mrs Payne, Mrs Jones and former World Cross Country team gold medallist Graham Tuck. Unfortunately we will only have one group so children will need to be able to run a distance of 3 miles plus. Children may want gloves and a headband as it gets colder. Prepare to get muddy!

**Art (Monday)** - Children will get to use Miss Wetherick's art equipment and materials to be creative on something of their own choice.

**Football (Tuesday)** - This is for both girls and boys. They will practise their skills, learn new techniques, and play small sided games. Shin pads necessary and football boots highly recommended. (Miss Newland)

**Ukulele (Tuesday)** -  Mr Parkin will be teaching an ensemble how to play the ukulele (provided by school). It's easier to learn than the guitar and children will quickly learn how to play a few popular tunes. The cost of ukulele club is £3 per session.

**Golf (Wednesday)** - **UNAVAILABLE TO BOOK** - This club takes place at the driving range at Westridge Golf Club. Suitable for all abilities, all equipment will be supplied. For £5 your child will get an hour of group tuition from one of the coaches at the club and the use of clubs. Pick up will be 4:30pm at Westridge Golf Club near Ryde Tesco. (Miss Newland and Mr G Allen)

**Mindfulness Karate Yoga (Wednesday)** - The children will learn one mindfulness karate move each week and will learn the art of being mindful - a very important skill that teaches techniques to help the children to slow down and relax in our often frantic modern world. (Miss Cottee)

**Multi-Sports (Thursday)** - This will involve a range of different sports, games and activities each week and will take place on the field. Children may want football boots for extra grip. (Miss Newland)