

We love to keep you up to date
but most of all we love to hear
from you!



@Kidz_R_Fit



/KidzRFit



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kidz R fit

Building Confidence and Respect through Fitness



www.kidzrfit.co.uk

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Key Stage 1&2

Hoopstarz

Hoopstarz is one of the most exciting, unique and engaging activities available for children and you can't fail to be impressed by the enjoyment it creates and the sense of achievement the children gain from participating. The classes are inclusive, adaptable and suitable for all ages they build confidence and self-esteem and promote the importance of staying fit and healthy.

To find out more please visit www.hoopstarz.co.uk

Cheer Starz

This is a loud, proud, smiley package of Cheerdance, a mix of great routines using pom poms and lots of cheers and chants. You can't help but SMILE!

To find out more email us enquiries@kidzrfit.co.uk

Boogie Starz

This is a pick and mix of dance styles using motivating music. Allowing the children to grow in confidence and express themselves by producing some of their own choreography.

To find out more email us enquiries@kidzrfit.co.uk

Playground Starz

Do you want to create a more active playground?

Do you want to give staff and older children the skills and confidence to embed activities that will help children to achieve their **30 active school minutes a day?**

Our Playground Starz programme is a half day workshop, designed to enable staff and older children (we suggest year 5 or 6) to deliver a variety of games, activities and ideas to get your school moving outside of the timetabled PE curriculum.

With an **emphasis on inclusion, fun, safety, responsibility and encouragement**, we spend the session teaching your chosen 'Starz' year group how to structure and lead, exciting and engaging games and activities for their peers to participate in during lunchtime and break time.

We place a huge **emphasis on positive language, resilience and encouragement to increase self-esteem throughout the training.**

We firmly believe that having structured activities in place can have a dramatic impact on behaviour issues on the playground, can create new friendships and improve teamwork skills.



Playground
Starz