



# October Half Term Fitness Activity Days

8:30am - 3:30pm 21<sup>st</sup> - 25<sup>th</sup> October

Each day focuses on different elements of fitness and health, and includes:

- fun, physical exercise sessions.
- health and fitness related learning opportunities.
- time to develop mindfulness and growth mindset.
- healthy morning and afternoon snacks, which children help to prepare.
- sport skills and games.

Either scan the QR code below, or [click here to book!](#)

**VERDURE Kids**

## Kids Fitness Activity Days

School Holidays  
8:30am - 3:30pm

The Pavilion, Queensway,  
Potterhanworth, LN4 2EA

5yrs - 11yrs

confidence  
strength  
nutrition  
speed  
agility  
balance  
power  
enjoyment  
flexibility  
mindfulness  
endurance  
growth mindset  
coordination

Children to bring packed lunch and drinks for the day. (No nut-based foods please). Comfortable clothing and footwear, appropriate for exercise should be worn. In hotter months, sunhats required. Suncream to be applied at home. Children will be reminded to re-apply during the day.



Here's just some of what we got up to  
in the summer!

[Click here to book!](#)

