

Live Nursery and PE Lessons For Home
(can also be caught up on S4K TV after)

	5 Years & Under 9.30-10.00am		6 + Years 1.30-2.00pm	
Monday	S4K ActivKids <i>Story telling adventure classes to get toddlers and pre-schoolers moving. From pirates to dinosaurs to diggers – all aboard!</i>	Mr Craven	S4K Fitness Challenge <i>High energy, high intensity fun fitness challenges for children and adults. Build strength, fitness and agility while competing with our S4K Coach!</i>	Mr Beckett
Tuesday	S4K Rugby <i>Teaching the basics of rugby to toddlers and pre-schoolers. No rugby ball required – just a fun imagination!</i>	Mr Beckett	S4K Mixed Martial Arts <i>MMA fitness for children and adults, exploring martial arts moves and routines with fun challenges.</i>	Dr Gould
Wednesday	S4K Dance <i>Move to the music with Miss Upward as we help toddlers and pre-schoolers to learn rhythm and movement.</i>	Miss Upward	S4K Dance <i>Learn dance routines from our “street fusion” style, bringing the best of hip hop, street and break together!</i>	Miss Willoughby
Thursday	S4K Football <i>Our award winning football program for toddlers and pre-schoolers gets them learning skills and keeping fit.</i>	Mr Craven	S4K Football <i>Based on the Dutch Coerver Coaching Method, ball mastery is top of the agenda for learning new skills and playing like the pros.</i>	Mr Meyer-White
Friday	S4K Yoga <i>Toddlers and pre-schoolers can enjoy story-based yoga classes, helping them to relax and explore flexibility and strength.</i>	Miss Upward	S4K Yoga <i>Explore flexibility, strength and relaxation in our S4K Yoga program, suitable for children and adult beginners.</i>	Miss Adams

**CLICK HERE TO
ACCESS**



S4K Healthy Habits

5 minute activities designed to give children a breather during the school day can be accessed each day on S4K TV too! Give your children the chance to get up and move around from their school work and get the oxygen flowing.