



## Wake Up, Shake Up

After enjoying a healthy breakfast, children take part in a 10 minute Wake up, Shake up session. Children are engaged in a fun and lively way as they learn energetic routines and movement to pop music. After this the children are energised and ready to learn.

During 'Wake up, Shake up' the aim is to:

- Increase the enjoyment of breakfast club and school life
- Improve rhythm and coordination
- Improve concentration levels after a brief exercise session
- Increase stamina and fitness levels of children
- Make the children more aware of a healthy body + healthy breakfast= healthy mind

Due to the success of Wake up Shake up, we now have 2 exercise sessions running in the morning. One for KS1 and the other for KS2. This enables more children to attend gives them a healthy start to the morning.

