



FUN- DAMENTAL SKILLS workshops

SUNDAY 28 JANUARY

10.00am-4.00pm

**BATH SPORTS AND LEISURE CENTRE
NORTH PARADE ROAD, BATH BA2 4ET**

CHILDREN 5-18

Develop:

- skills to help your child take part in school PE
- their confidence and self-esteem
- new skills • have fun
- meet other children with a similar disability

Your child will be taught how to:

- Throw • Catch • Kick • Run • Jump • Skip

All core skills to support your child to engage in physical activity and sport at school and in the community. Each child will receive a fundamental skills badge and certificate if they can achieve the appropriate level. All exercises are adapted for amputees and children with limb difference.

**For further details contact
carly@limbpower.com or call
07789 075709 or 01453 886940
for more information.**

www.limbpower.com



Department
of Health

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