



# MORNING Movement Club

Let's  
Combat  
Covid  
Together

## THE 6 MAIN BENEFITS OF YOUR CHILD EXERCISING BEFORE SCHOOL ARE:

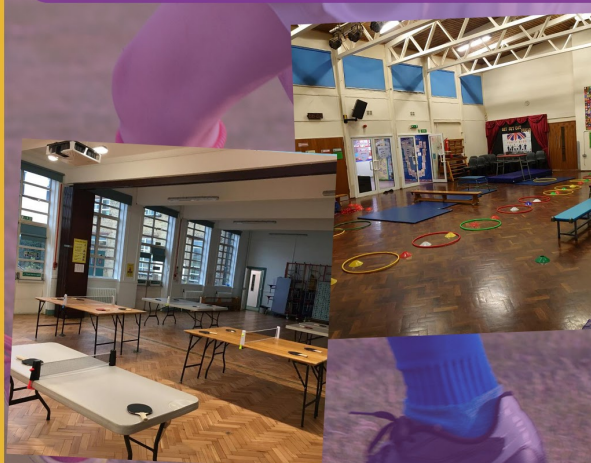
- ★ **Improved Productivity**  
Exercise gets the blood flowing and increases the amount of oxygen that gets to the brain, providing children with an increase in focus for between 4 to 10 hours.
- ★ **Increased Cognitive Function**  
Exercise can provide a real, measurable mental boost, improving a child's ability to perform, learn and think for the rest of the day.
- ★ **Boosted Metabolism**  
Starting the day with exercise will benefit your child with an increased metabolism for the following 12 hours. This means they are less likely to snack on unhealthy foods, and may make better choices at lunch.
- ★ **Better Mood**  
Physical activity before school can provide a real boost to children's hormones and mental well-being. The endorphins and dopamine released reduce stress levels and anxiety, making children feel calmer and happier for up to 10 hours.
- ★ **More Energy**  
Exercising early fights fatigue, and provides a positive energy boost that lasts the whole day in children of all ages.
- ★ **Improved Behaviour**  
Exercise doesn't just boost positive energy, it also helps to tackle restless energy in children. Several studies have proven that just 30 minutes of exercise before the school the day can help to reduce problem behaviours including:

## Our Most Popular Morning Movement Classes:

- ★ Archery
- ★ Dodgeball
- ★ Fun Fitness
- ★ Tag / Invasion
- ★ Games
- ★ Table Tennis

## LIMITED SPACES!

Please note we do offer a variety of sports and activity classes, if you have a sport/activity in mind please get in contact and we will do our best to accommodate



**To book visit:**  
[www.superstarsport.co.uk](http://www.superstarsport.co.uk)

- Repetitive behaviour
- Off task behaviour
- Mouthing
- Self-injury
- Disruptiveness
- Aggression



**DBS (formerly CRB)  
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Disclosure and Barring Service



For more information please contact us on [info@superstarsportwl.com](mailto:info@superstarsportwl.com)  
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