



Skip to the beat!

Think back to your school days and it's likely that skipping played a part! Remember how fun it was? Then why not introduce it to your breakfast club?

It's the ideal 10-minute filler activity, can be enjoyed by girls and boys (check out reason 3) and has numerous physical benefits:

1. It provides **one of the best cardio-vascular workouts** available (more effective than running!)
2. It **aids co-ordination** and **promotes balance**
3. It **improves footwork and agility** (great for improving football skills)
4. It **strengthens your core** and if done regularly even **improves bone density**
5. Combine it with some pumping tunes and it provides the ultimate energy packed fun boost to start the day!

Source: British Rope Skipping Association

Rackets at the ready!

On a sunny morning, get your members outside with a racket and ball or shuttlecock. Racket sports are the **ideal breakfast club activity**. They're relatively cheap and easy to set up, can be played solo or in pairs and boost many of the skills that will be needed by children in the day ahead.

Racket games:

- Encourage the development of **hand-eye co-ordination skills**
- **Stimulate mental agility**, thanks to requiring strategy and anticipation
- Increase **cardiovascular fitness** and **endurance**
- **Boost concentration**



Dance your way into a great day

At **Kellogg's** we're firm believers in getting your day off to the sunniest start possible and what better way than to start it with a boogie!

Ask your members to choose a favourite track, and use your club sessions to choreograph, practice and perfect a dance routine. You could even make a video to share with the rest of the school or showcase on your website.

Kick it, throw it, catch it

- Elevate a simple game of throw and catch by moving players further apart after every two throws
- Stuff leftover cereal boxes with paper, place them in a line and use the balls to knock them out one-by-one
- Place hula hoops around the playground, then take it in turns to throw the balls into the hoops, standing still in one position

