



Go & Grow Club

Go & Grow Club encourages Foundation Phase learners to enjoy movement while developing basic motor skills, coordination, and confidence. Through fun physical activities, learners grow in respect, good manners, and awareness of caring for their environment.

- **Motor skill development** – skipping, throwing, catching. Coordinated movements & basic sport skills
- **Physical activity** – find fun in movement
- **Values** – reinforced good manners & respect
- **Environment** – awareness of a clean environment

