



Learn some self-defence like a bee!



Bees only sting as a last form of defence. Learn some self-defence

Activity Type

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Category Activities

Sub Category

Activities

Age 5 - 7 7 - 11 14 - 18 Time



Equipment Teacher

Environment



Subject P.E. Wellbeing

Price





Communication Creativity **Decision making Gross Motor Skills** Independence Leadership Mental Health **Awareness** Problem solving Responsibility Self motivation **Teamwork**

