



Learn some self-defence like a bee!



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

Activity Type

Add image: /home/pawprintfamily/public\_html/\_theme/pdf/icons/activity-settings.png

Time



Environment



Price



Age

5 - 7  
7 - 11  
14 - 18

Equipment

Teacher

Subject

P.E.  
Wellbeing

Soft Skills

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

