



Learn some self defense (like a superhero!)



Superheroes always know how to defend themselves. Try some self-defence or martial arts

Activity Type

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Time



Environment



Price



Age

5 - 7
7 - 11
14 - 18

Subject

Community
Culture
Geography
History
P.E.
Wellbeing

Soft Skills

Communication
Decision making
Gross Motor Skills
Leadership
Listening
Observation
Relaxation
Self motivation

