

# Have a go at self-defence to boost your Defence Against the Dark Arts



**Age 14 - 18**

**Age 5 - 7**

**Age 7 - 11**

## Activity details

### This activity counts towards...



- Wizarding Adventures

---

£/Free	Indoors
Day/Night	

---

- |   |   |
|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5            |   |
- 

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
- 

### Skills:

- Communication
- Gross Motor Skills
- Independence
- Observation
- Relaxation
- Responsibility

### Equipment: