



Ormiston Cliff Park
PRIMARY ACADEMY

Orde Avenue
Gorleston-on-sea
Norfolk
NR31 6SZ

Phone: 01493 661523
Email: office@ocppa.co.uk

Web: www.ocppa.co.uk
Principal: Mrs K Rutherford MA BEd

 **Anchored in excellence**

15th September 2023

Dear Parent/Carers

To celebrate the fantastic start the children have made to the new academic year, the Academy has organised a 'Boogie Bounce Day' for all children on Thursday 21st September.

What is Boogie Bounce?

- Boogie Bounce is dancing with intervals of jumping, bouncing, frogging and stomping, to name but a few moves, performed to music and a set programme. The mat of the mini trampoline is used as a resistance tool which makes the whole programme two to three times more effective than normal everyday exercise.
- Put simply – bouncing on a mini trampoline is unlike regular trampolining; the aim isn't to bounce high or perform gymnastic tricks, but to perform a series of small, controlled movements.
- Anyone and everyone can do this at their own pace whilst gaining the impressive health results that are normally associated with high impact exercise, without even realising it!

During the day each class will have a 30 minute session with a trained instructor, supported by Class Teachers and Teaching Assistants. The activity meets all Safeguarding and Health and Safety requirements.

This activity is being funded by the Academy and will not require any parental/carer contribution.

We hope that every child will engage with and enjoy the activity, however if for some reason you do NOT want your child to take part in the activity, please contact the Academy office by email – office@ocppa.co.uk or phone 01493 661523.

Yours Sincerely



Mrs K Rutherford
Principal