



DANCE FUN: Pupils at Lulworth took part in Well-fit with former Pussycat Doll Kimberly Wyatt

# Pussycat Doll's visit to school

PUPILS from Lulworth and Winfrith Primary School took part in a dance class with former Pussycat Doll and Youth Sport Trust ambassador Kimberly Wyatt.

Kimberly visited the school to shape her Well-Fit initiative, which is aimed at primary school aged girls and boys and uses

dance to increase physical activity levels, self esteem and boost confidence among young people.

The pupils, aged between eight and 11, took part in a series of warm up exercises before learning some isolation moves and then performing a choreographed dance. Lulworth and Winfrith

Primary School won the dance class after entering a competition at the Youth Sport Trust national conference held at the beginning of the year.

Kimberly, who became an ambassador for the Youth Sport Trust in 2015, is passionate about inspiring young people on the

positives of dance and fitness.

She said: "I've been dancing for over 20 years, so my body is used to movement and exercise. Dancing has improved my health, but it's also had a huge impact on my wellbeing and confidence. The aim of Well-Fit is to use dance to get more young people active."