



AFTER SCHOOL CLUBS AUTUMN TERM



Football skills - Our football skills club is based around football and positive experiences. Younger children will have the opportunity to develop their skills in a pressure free environment, where enjoyment, skill acquisition and social development are prioritised. The club will consist of many different football based games, rules will be introduced gradually and fun will be a must.



Gymnastics - Our gymnastics club mainly focuses on coordination and flexibility but is also great for developing strength, speed, power and balance. Children have a natural curiosity for activities that involve swinging, tumbling, jumping, flipping and rolling. Our gymnastics club aims to build on this natural curiosity by exposing the children to structured gymnastics activities.



Handball - A fast paced invasion game which makes it great for fitness, quick thinking and developing throwing and catching skills. In Team Kick Start's handball club, children will be exposed to a variety of different skill based games involving a range of varied movements and opportunities to communicate and collaborate with friends. Together we build an environment that will encourage the children to develop their skills and understanding of handball.



Multi-Sports - Experiencing many different activities is a beneficial way to develop physical literacy, which provides the foundation for each child to achieve their maximum potential. In our multi-sports club, children will have the opportunity to participate in a variety of sports at an age appropriate level. They will enjoy sports such as football, basketball, netball, athletics and tennis.



Football - Football club aims to not only improve children's technical and tactical skills, but just as importantly, enhance children's social skills. Team Kick Start's football club takes a game based approach, where instead of teaching a concept using a drill, games are designed to teach the children the same concept as they play in an actual game situation. This is done by modifying games in order to expose the older children to different football scenarios.



Table tennis - Table tennis is a fast paced game that is great for improving reflexes, hand-eye coordination and decision making. Once children learn the basics, there will be lots of opportunities to play both singles and doubles matches. Our table tennis club will focus on children developing their skills in an environment that is fun, friendly and allows for lots of social time.