

# THE AM SPORTS ACADEMY MISSION

Our mission is to inspire children to participate in sport – to learn new skills, to develop them to the best of their ability and to achieve their greatest potential.

We're passionate about creating the ideal environment for children to enjoy the start of their sporting journey – wherever it may take them.



# MEET THE AM SPORTS ACADEMY TEAM

Thursday 30<sup>th</sup> January 2020

8:30am – 9:15am

8.30am – 8.55am = Physical Education (PE) and Q&A

8.55am – 9.05am = Extended School Sports Clubs and Q&A

9.05am – 9.15am = Multi Sports Holiday Camps and Q&A



The background of the slide features a blurred image of a school building with a prominent gabled roof and brickwork. In the foreground, a person wearing a dark jacket and a backpack is walking away from the camera. The overall scene is bathed in a warm, golden light, suggesting a sunrise or sunset. The text is overlaid on this background in a clean, white, sans-serif font.

# PHYSICAL EDUCATION (PE) AND SPORTS FIXTURES (8.30am – 8.55am)



# INSPIRE, DEVELOP & ACHIEVE

We maximise participation, encourage ownership of learning and instil the confidence in children to experiment with new skills and ideas.

We take great satisfaction in giving the children the ambition and inspiration to want to work hard and develop their ability. We teach them to work as part of a team and show good sportsmanship in times of success and failure.



# SPORT COACHES



**Mr. Charlie Marus  
(Head of Sport)**



**Mr. Joe Farrell  
(Academy Coach)**



# SPORTS CURRICULUM MAP

September 2019 – July 2020



	Autumn 1 September - October	Autumn 2 November - December	Spring 1 January - February	Spring 2 March	Summer 1 April - May	Summer 2 June - July
RECEPTION	MOVEMENT PLANNING, WORKING WITH OTHERS & FOOTBALL	FORCE CONTROL, MANIPULATIVE SKILLS & HOCKEY	BALANCE, CO-ORDINATION & GYMNASTICS	MOVEMENT CONTROL, SPATIAL AWARENESS & TAG RUGBY	BODY AWARENESS, DIRECTIONAL CONTROL & ATHLETICS	FINE MOTOR SKILLS, REACTION TIME, & TENNIS
YEAR 1	FOOTBALL	HOCKEY	GYMNASTICS	TAG RUGBY	ATHLETICS	TENNIS
YEAR 2	FOOTBALL	HOCKEY	GYMNASTICS	TAG RUGBY	ATHLETICS	TENNIS
YEAR 3	FOOTBALL	HOCKEY	GYMNASTICS	TAG RUGBY	ATHLETICS	TENNIS
YEAR 4	FOOTBALL	HOCKEY	GYMNASTICS	TAG RUGBY	ATHLETICS	TENNIS

# RECEPTION PE IN MORE DETAIL

Pupils in Reception will focus on the Fundamental Movement Skills during early childhood. Areas such as Agility, Balance, Co-ordination, Speed, Strength, Body Awareness and Hand-Eye or Foot-Eye will be developed.

Children will learn how to move confidently in and around the environment, appreciating the size and shape of the body whilst enabling choice and control. They will also learn how to organise and coordinate the arms and legs and respond to speed, direction and force of movement. As the year progresses, they will begin to prepare for Year 1 Physical Education.

This will be achieved through coach led activities, child led activities and learning by repetitive play.

**Playing and Exploring;** Children investigate and experience things, and ‘have a go’

**Active Learning;** Children concentrate and keep on trying if they encounter difficulties, and enjoy achievements

**Creating and Thinking Critically;** Children have and develop their own ideas, make links between ideas and develop strategies for doing things





# YEAR 1&2 GYMNASTICS PLANNING

## PERIODISATION SPRING 2020



WARM UP		LEARNING OBJECTIVE	PERFORMANCE
Lesson 1	Super Shaper and Stretching.	<b>The Super Shaper</b> To <b>learn and practice</b> three to five <b>Gymnastics shapes</b> and <b>create a jumping routine.</b>	Select different individuals to perform throughout.
Lesson 2	The Gymnastics Café and Stretching	<b>Forward Rolls Into Shapes</b> To <b>learn, practice and perform</b> a <b>Forward Roll</b> . Once landed, <b>transition into different shapes.</b>	Select different individuals to perform throughout.
Lesson 3	Buzz Bridge and Stretching	<b>A variety of Different Rolls</b> <b>LO:</b> To practice <b>rocking without losing balance</b> and <b>develop a variety of different</b> rolls such as log roll, egg roll, forward roll and for complex Gymnasts Dish to Arch.	Select different individuals to perform throughout.
Lesson 4	Tandem Cycling and Stretching	<b>Balancing into Jumping Shapes</b> To be able to <b>balance and travel in different ways</b> on benches, beams and flat spots. Demonstrate <b>a range of jumping shapes</b> to <b>dismount, land and stick</b> the landing position and balance for 3 – 5 seconds.	Select different individuals to perform throughout.
Lesson 5	Muscle Buddies and Stretching	<b>Vault into Jumping Shapes</b> To successfully use a springboard to mount a Vault, travel confidently and use a selection of different shape jumps to <b>dismount, land and stick</b> the landing position and balance for 3 – 5 seconds.	Select different individuals to perform throughout.
Lesson 6	<b>SPORTS HOUSE CUP ☺</b> For pupils to <b>demonstrate knowledge, skill and understanding</b> in the elements practiced over the course of this unit. <b>1) Vault 2) Balance beams 3) rolling, balancing and jumping routines .</b>		



# YEAR 3&4 GYMNASTICS PLANNING



## PERIODISATION SPRING 2020



WARM UP		LEARNING OBJECTIVE	PERFORMANCE
Lesson 1	Row The Boat and Stretching	<b>Floor Exercises</b> To <b>learn and practice</b> 3 different <b>floor exercises</b> and transform them into a <b>routine</b> .	Select different individuals to perform throughout.
Lesson 2	Whole class Dynamic Stretching	<b>Floor Exercise Routines</b> To <b>recap and practice</b> the collection of <b>floor exercises from week 1</b> . Introduce a jumping and balance exercise. Gymnasts are then <b>challenged to collaborate</b> all the exercises into their own <b>3, 5 or 7 step Floor Exercise Routine</b> .	Select different individuals to perform throughout.
Lesson 3	Buzz Bridge and Stretching	<b>Body Management</b> To learn and practice the <b>Dish and Arch Body Management exercise</b> and progress into a routine including a log roll. <b>Children learn to control their bodies and what their core-stability is</b> , where it can be found, how it can be activated and the feeling of the core being worked.	Select different individuals to perform throughout.
Lesson 4	Partner Balance and Stretching	<b>Body Management</b> To <b>recap and practice</b> the collection of <b>Body Management exercises from week 1</b> . Introduce. Gymnasts are then <b>challenged to collaborate</b> all the exercises into their own <b>3, 5 or 7 step Floor Exercise Routine</b> .	Select different individuals to perform throughout.
Lesson 5	Tandem Cycling and Stretching	<b>Vault</b> To successfully <b>mount the Vault using approach and take off skills</b> , and be able to <b>dismount the Vault</b> , using a <b>selection of different shape jumps</b> into the <b>landing position</b> .	Select different individuals to perform throughout.
Lesson 6	<b>SPORTS HOUSE CUP ☺</b> 1) Vault 2) Floor Routines 3) Body Management Routines 4) Balance Beams		

# Individual Assessment

Name:	EVASIVE SPORTS				MOVEMENT & CONTROL			FIELDING , STRIKING &	
	Tag Rugby	Football	Hockey	Netball	Gym	Swimming	25m Unaided?	Tennis	Athletics
		S	G						
		G	G						
		B	S						
		S	S						
	G	S	S						
	O	S	S						
	L	B	S						
	D	B	S						
		G	G						
		S	S						
		B	S						
		B	S						
	S	G	G						
	I	G	G						
	L	S	S						
	V	G	G						
	E	B	S						
	R	B	S						
			S						
		S	G						
		S	G						
		G	G						
		S	G						
	B	S	S						
	R	G	G						
	O	S	G						
	N	B	S						
	Z	S	S						
Count:	E								

## KS2 SPORTS COMMENDATIONS



## KS1 SPORTS STAR



# INTRA-SCHOOL COMPETITIONS



Each subject is taught for half a school term, with specific skills being demonstrated, explored and then implemented. Coach to child, child to coach and child to child feedback is regularly introduced within our lessons.



Intra School Tournaments are then included at the final stages of each subject, so pupils have the opportunity to compete in structured competition and challenge their knowledge, understanding and skills against their peers.

# INTER-SCHOOL COMPETITIONS



We provide Inter School Competitions, where pupils are selected to represent the school in competitions and friendly fixtures against pupils of similar ages from different schools in a range of different sports.

We have a very inclusive selection policy as we believe it is imperative as many pupils as possible experience the satisfaction of competitive sports.

We have have created a fixture tracker to ensure inclusivity for all is being achieved.

# Fixture Tracker + Participation

Name:	Fixtures attended	EVASIVE SPORTS					MOVEMENT & CONTROL		FIELDING, RUNNING & STRIKING					OTHER		PARTICIPATION
		Football	Hockey	Tag Rugby	Netball	Basketball	Gymnastics	Dance	Athletics	Tennis	Challenge Run	Cricket	Rounders	Multi Sports	Archery	
	1	1														1
																1
				1												1
	2		1													1
				1												1
			1													1
	3															1
																1
			1													1
	4															1
																1
			1													1
	5															1
																1
			1													1
	6															1
																1
																1
Count: 26																TOTAL: 25

## Year 2 Fixture participation:

Curie: 23 of 24 = 95.83%

Edison: 25 of 26 = 96.15%

As a year group: 96% participation as of Spring Term 1

The background of the image shows a brick school building with a central tower and arched windows. In the foreground, a person in a dark jacket is seen from behind, performing a jump shot in a basketball game. Other people are visible in the background, some sitting on the grass. The entire image has a semi-transparent orange overlay.

# EXTENDED SCHOOL SPORTS CLUBS (8.55am – 9.05am)




# SPORTS CLUBS

AM Sports Academy runs a number of extra curricular pre and after-school clubs in a number of different sports activities.

Each session is carefully planned to ensure both learning and enjoyment are maximised.



# CURRENT SPRING 2020 CLUBS



**Archery  
Club  
(Rec- Y4)**



**Chess  
Club  
(Rec – Y4)**



**Gymnastics  
Clubs  
(Rec – Y4)**



**Basketball  
Club  
(Y2 – Y4)**



**Football  
Clubs  
(Rec – Y4)**





# SUMMER 2020 SPORTS CLUBS

An illustration of cricket equipment including a wooden bat, three stumps, and a red ball.

**Cricket  
Clubs  
(Rec – Y4)**

A stylized illustration of a soccer ball.

**Football  
Clubs  
(Rec – Y4)**

Silhouettes of children performing various gymnastic moves like handstands and splits.

**Gymnastics  
Clubs  
(Rec – Y4)**

Cartoon illustrations of children running and jumping on a track, with confetti falling around them.

**Athletics  
Clubs  
(Rec – Y4)**

An illustration of a chessboard with pieces, set against a circular background with the text 'INSPIRE', 'ORSA', and 'DEVELOP' around the perimeter.

**Chess  
Club  
(Rec – Y4)**

An illustration of a stopwatch with a running figure inside, set against a circular background with the text 'INSPIRE', 'ORSA', and 'DEVELOP' around the perimeter.

**Running  
Club  
(Rec – Y4)**

An illustration of a target with an arrow hitting the bullseye, set against a circular background with the text 'INSPIRE', 'ORSA', and 'DEVELOP' around the perimeter.

**Archery  
Club  
(Rec- Y4)**



# BOOKING ONTO SPORTS CLUBS

We offer an extremely efficient and highly professional booking process through our website, which can cater for all club bookings.



The AM Sports Academy Administration Manager communicates with club members regularly through email with regards to important club information, re-bookings, new joiners and all general AM Sports Academy enquiries.



To book, please look out for the clubs launch dates.

Then visit us at  
[www.amsportsacademy.co.uk](http://www.amsportsacademy.co.uk)



The background of the image shows a school building with a prominent gabled roof and a central tower. In the foreground, a group of children is playing a sport on a grassy field. A person in a dark jacket with a yellow star on the back is seen from behind, looking towards the children. The overall scene is bright and active, suggesting a school sports event.

# MULTI SPORTS HOLIDAY CAMPS

(9.05am – 9.15am)



# CAMPS

AM Sports Academy deliver Multi Sports Holiday Camps for children aged 4-12 at both **Wimbledon Park Primary** and **Floreat Wandsworth Primary**, which take place during school holidays and closures.



There are a variety of medals, trophies and certificates up for grabs as children learn new skills and techniques whilst making new friends. They get the opportunity to compete in fun and exciting team games and competitions in a safe and enjoyable environment.

# ACTIVITIES ON OFFER

We offer an extensive range of indoor and outdoor sports and activities such as; Tag Rugby, Netball, Football, Cricket, Basketball, Tennis, Hockey, Rounders, Gymnastics, Athletics, Crazy Golf, American Shootout, Australian Rules Football, Archery, Chess, Treasure Hunts, Outdoor Adventures, 10 pin Wizards, Rapid Fire and Dodgeball.



# FLOREAT WANDSWORTH CAMPS MANAGER PHONE NUMBER: 07598 927 362



**FLOREAT WANDSWORTH, SW18 4EQ  
MONDAY 17th FEBRUARY - FRIDAY 21st FEBRUARY 2020**



## CUBS - MORNING SPORTS MAP (AGED 4 - 5)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VIDEO GAME	POST BOX RACE	TWO FORWARDS, ONE BACK	TRAFFIC JAM	ALPHABET KARATE
PROTECT THE CASTLE	IT'S A KNOCKDOWN	PIZZA PARLOUR	PERFORM AT THE CIRCUS	OH CAPTAIN, MY CAPTAIN
MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)
NETBALL	TENNIS	GYMNASTICS	BASKETBALL	FOOTBALL



## WILDCATS + PANTHERS - MORNING SPORTS MAP (AGED 6 +)



BASKETBALL	FOOTBALL	CRICKET	HIGH 5 NETBALL	HOCKEY
MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)	MORNING SNACK (11.00am - 11.15am)
GYMNASTICS	TAG RUGBY	ARCHERY	ATHLETICS	TENNIS

## AFTERNOON SPORTS MAP FOR ALL (AGED 4 + )

MONDAY	PANTHERS TUESDAY	WEDNESDAY	PANTHERS THURSDAY	FRIDAY
LUNCH BREAK (12.30pm - 1.30pm)	LUNCH BREAK (12.30pm - 1.30pm)	LUNCH BREAK (12.30pm - 1.30pm)	LUNCH BREAK (12.30pm - 1.30pm)	LUNCH BREAK (12.30pm - 1.30pm)
SHARP SHOOTER	THE HUNTERS	10 PIN BOWLING	CHESS	OUTDOOR ADVENTURE
KICK IT ROUNDERS	BENCH BALL	HANDBALL	MINI WORLD CUP	HAWKEYE
DODGEBALL	MULTI SKILLS FESTIVAL	STAR STRIKER	CRAZY GOLF	RAPID FIRE
EXTENDED AFTERNOON (4.30pm - 5.30pm)	EXTENDED AFTERNOON (4.30pm - 5.30pm)	EXTENDED AFTERNOON (4.30pm - 5.30pm)	EXTENDED AFTERNOON (4.30pm - 5.30pm)	EXTENDED AFTERNOON (4.30pm - 5.30pm)

\*\*DAILY SCHEDULE IS SUBJECT TO CHANGE DUE TO WEATHER CONDITIONS\*\*

# BOOKING ONTO SPORTS CLUBS

On our website, the tab at the top Camp AMSA displays all the information on camps from camp dates, camp pricing, upcoming sports maps, discount offers and childcare vouchers/Tax Free Childcare payment method information.

We offer an extremely efficient and highly professional booking process through our website, which can cater for all club bookings.



To book, please visit us at [www.amsportsacademy.co.uk](http://www.amsportsacademy.co.uk)



**THANK YOU**

