



Floreat Wandsworth Clubs – Spring 2023

<u>Club</u>	<u>Day/Time</u>	<u>No. of Sessions</u>	<u>Start</u>	<u>End</u>	<u>Cost</u>
Y1-3 Multi Sports	Monday 3.30pm – 4.45pm	11	9 th Jan	27 th Mar	£93.50
Y3-6 Football	Tuesday 3.30pm – 4.45pm	11	10 th Jan	28 th Mar	£93.50
Y3-6 Tag Rugby	Wednesday 3.30pm – 4.45pm	11	11 th Jan	29 th Mar	£93.50
Y1&2 Football	Thursday 3.30pm – 4.45pm	11	12 th Jan	30 th Mar	£93.50
Y1-3 Gymnastics	Friday 3.05pm – 4.15pm	11	13 th Jan	31 st Mar	£93.50
Reception Football	Friday 3.05pm – 4.15pm	11	13 th Jan	31 st Mar	£93.50



Club Descriptions

Multi Sports: Children will be working on a range of different sports to build basic knowledge, skill and understanding of all sports. The range of different sports will develop children's agility, balance, speed and coordination as well as their evasive skills, movement, control and fielding, striking and running. Sports covered include: Netball, Hockey, Basketball, Football, Cricket, Athletics, Tennis, and Rugby.

Tag Rugby Club: Players will develop their ability to evade defenders by working on changes of speed, direction and side steps as well as being challenged to identify space and how this could be used. Players will also learn how to pass accurately and catch safely. Lastly, they will focus on how to be an effective defender. Towards the end of each session, children will have the opportunity to put their newly leant skills into match situations where the Rugby player can express themselves through individualism and creativity! The Club will be based on Rugby Union Rules and will be non contact.

Gymnastics - Gymnastics is a sport that requires great flexibility, balance and control. It also provides a unique and valuable social education and experience. AM Sports Academy gymnastics classes aim to develop balance, co-ordination, gross and fine motor skills, special awareness and body control and include areas such as tumbling, vault work, balance beam, and dance.

Football - AM Sports Academy's football club aims to improve participants technically by working on control, passing, movement, turning, shooting, attacking, defending and creating space. These are the key attributes which are worked on over a fun and exciting syllabus. The sessions are inclusive for all abilities and we have a real focus on participation and enjoyment.

Each session starts with a fun warm up before moving into skills work, which follows the AM Sports Academy syllabus to aid progression, and finishes with small sided matches to give children the opportunity to put their newly learned skills into match situations.