



Floreat Wandsworth Clubs – Spring 2022

Morning Club

Afternoon Club

<u>Club</u>	<u>Day/Time</u>	<u>No. of Sessions</u>	<u>Start</u>	<u>End</u>	<u>Cost</u>
Y2, Y3, Y4 Basketball	Monday 3.30pm – 4.45pm	10	10 th Jan	21 st Mar	£82.50
Rec – Y2 Dodgeball	Tuesday 7:45am – 8:30am	10	11 th Jan	22 nd Mar	£55.00
Y3, Y4, Y5, Y6 Gymnastics	Tuesday 3.30pm – 4.45pm	10	11 th Jan	22 nd Mar	£82.50
Rec – Y6 Multi Sports	Wednesday 7.45am – 8.30am	10	12 th Jan	23 rd Mar	£55.00
Y3, Y4, Y5, Y6 Dodgeball	Wednesday 3.30pm – 4.45pm	10	12 th Jan	23 rd Mar	£82.50
Rec, Y1, Y2 Football	Thursday 3.30pm – 4.45pm	10	13 th Jan	24 th Mar	£82.50
Rec, Y1 & Y2 Gymnastics	Friday 3.00pm – 4.15pm	10	14 th Jan	25 th Mar	£82.50
Y3, Y4, Y5 & Y6 Football	Friday 3.05pm – 4.15pm	10	14 th Jan	25 th Mar	£82.50



Club Descriptions

Basketball - Children will have the opportunity to learn and develop a wide range of passing and receiving skills as well as different types of movement to create space and shooting opportunities. Learn how to play as a part of a team and be given opportunity to make choices whilst in possession of the ball.

Dodgeball - The sessions will be loads of fun with exciting warm up games, leading into skill's work and finished off with a variety of different small sided games. We will be focusing on the 5 D's throughout the syllabus, which the Dodgeball Legend Patches O'Houlihan created; dodge, duck, dip, dive and dodge. There are prizes to be won for 'Dodger of the week'

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.

Multi Sports - This club will include a range of different sports, developing children's agility, balance, speed and coordination as well as their evasive skills, movement and control and fielding, striking and running. Sports covered include: Netball, Hockey, Basketball, Football, Cricket, Athletics, Archery, Tennis, Handball and Tag Rugby.

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.

There are prizes available every week for the 'Player of the Week'.