



## Floreat Wandsworth Clubs – Summer 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 Rounders/Cricket	Monday 3.30pm – 4.45pm	9	25 <sup>th</sup> Apr	4 <sup>th</sup> Jul	£74.25
Rec – Y2 Athletics	Tuesday 7:45am – 8:30am	10	26 <sup>th</sup> Apr	5 <sup>th</sup> Jul	£55.00
Y3, Y4, Y5, Y6 Gymnastics	Tuesday 3.30pm – 4.45pm	10	26 <sup>th</sup> Apr	5 <sup>th</sup> Jul	£82.50
Rec – Y6 Dodgeball	Wednesday 7.45am – 8.30am	10	27 <sup>th</sup> Apr	6 <sup>th</sup> Jul	£55.00
Rec, Y1, Y2 Football	Thursday 3.30pm – 4.45pm	10	28 <sup>th</sup> Apr	7 <sup>th</sup> Jul	£82.50
Rec, Y1 & Y2 Gymnastics	Friday 3.00pm – 4.15pm	9	29 <sup>th</sup> Apr	8 <sup>th</sup> Jul	£74.25
Y3, Y4, Y5 & Y6 Football	Friday 3.05pm – 4.15pm	9	29 <sup>th</sup> Apr	8 <sup>th</sup> Jul	£74.25



## **Club Descriptions**

**Cricket** - Kwik Cricket aims to provide children of all levels of ability and experience with an opportunity to participate and develop skill, knowledge and understanding - this is achieved through a variety of fixed, variable and game based Cricket practices. Players will be challenged to progress key skills such as catching, throwing, bowling and striking skills within small, rewarding maximised participation games. A player centered coaching process is implemented to create player ownership, creativity and imagination, which guides learning and encourages participation and fun.

**Athletics** - will focus on the key FUNdamental stages of a child's physical development and movement patterns. Agility, Balance, Co-ordination and Speed will all be developed within fun, creative and engaging games. Children will also have the opportunity to develop the Foundation stage of an athlete by learning the correct techniques and in turn develop their individual skill, knowledge and understanding in a range of different running, jumping and throwing events.

**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.

**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'

**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'.