



The Rowans School Clubs – Autumn 2018

Club	Day/Time	Cost	No. of Sessions	Start	End
Rec – Y2 CHESS	Monday 3.15pm – 4.15pm	£117.00	12	10 th Sept	10 th Dec
Rec – Y2 TAG RUGBY	Monday 3.15pm – 4.15pm	£117.00	12	10 th Sept	10 th Dec
Rec – Y2 STRENGTH & CONDITIONING	Tuesday 3.15pm – 4.15pm	£117.00	12	11 th Sept	11 th Dec
Rec – Y2 GYMNASTICS	Wednesday 3.15pm – 4.15pm	£117.00	12	12 th Sept	12 th Dec
Rec – Y2 FOOTBALL	Wednesday 3.15pm – 4.15pm	£117.00	12	12 th Sept	12 th Dec
Rec – Y2 SHOOT & SCORE	Thursday 3.15pm – 4.15pm	£117.00	12	13 th Sept	13 th Dec

The Rowans School Club Descriptions – Autumn 2018

Chess Club

Our Chess Club is made up of a small group of children ranging in different abilities. We introduce one by one the gambits of chess, which are made up of Pawns, Castles, Horses, Bishops, Queens and Kings. The children are taught how each gambit can move on the Chess Board and are challenged to play against their peers in friendly competitive matches.

Tag Rugby Club

During the 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 learnt 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.

Strength and Conditioning Club

This club will offer a fun and challenging take on Fitness. Strength and conditioning is the physical and physiological development of athletes for elite sport performance.

We have created a syllabus which caters to all ages and abilities and aims to teach children the basic principles of functional fitness in a fun and safe environment. Children will be working on fitness aspects such as Agility, Balance, Coordination, Core strength, Speed, Power and Endurance. This lesson will also introduce children to warm up and cool down techniques that focus on flexibility and body awareness. We also aim to improve children's knowledge on all aspects of health and wellbeing that relate to physical exercise, such as; hydration, nutrition, anatomy and energy systems.

We strive to ensure children have a positive experience of exercise and sport from a very young age. Children will aim to individually improve their fitness as well as achieving fitness goals together as a team.

Football Club

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'.

Gymnastics Club

Gymnastics is a sport that requires great flexibility, balance and control. It also provides a unique and valuable social education and experience. It creates an environment where teamwork, sportsmanship, fair play and dedication are required in order to master the fundamental skills to be a successful gymnast.

AM Sports Academy gymnastics classes aim to develop balance, co-ordination, gross and fine motor skills, special awareness and body control. Our gymnastic classes include areas such as tumbling, vault work, balance beam, and dance.

Shoot and Score Club

The Shoot and Score club is a blend of netball and basketball so it appeals to girls and boys and will improve their ball skills such as throwing and catching and also help with their footwork.

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. Children will learn how to play as a part of a team and be given opportunity to make choices whilst in possession of the ball.