



Wandsworth Preparatory School Club Timetable – Autumn 2018

| CLUB | DAY/TIME | COST | NO. SESSIONS | START | END |
|------------------------|--------------------------|-------------|---------------------|-----------------------|----------------------|
| Rec – Y2 FOOTBALL | Monday 4.00pm – 5.00pm | £124.80 | 13 | 10 th Sept | 10 th Dec |
| Y1 - 6 ARCHERY | Thursday 8.00am – 8.30am | £62.40 | 13 | 13 th Sept | 13 th Dec |
| Y3-6 FOOTBALL | Thursday 4.00pm – 5.00pm | £124.80 | 13 | 13 th Sept | 13 th Dec |
| Y1 – 6 RUNNING CLUB | Friday 8.00am – 8.30am | £62.40 | 13 | 14 th Sept | 14 th Dec |
| Y1 – 6 TAG RUGBY | Friday 4.00pm – 5.00pm | £124.80 | 13 | 14 th Sept | 14 th Dec |

Wandsworth Preparatory School Club Descriptions – Autumn 2018

Football Clubs

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'. Footballers who show encouraging progression will get the opportunity to join the Friday Night Football Club.

Archery Club

Archery is a fun sport, which requires concentration, skill and creativity. Children will learn the technique of shooting in a wide range of fun, well structured individual and team games. Safety, use of equipment and key Archery vocabulary will also be developed.

Little Arrows Archery also challenges children's Mathematics skills as they need to add, subtract and manage numbers to work out scoring.

Running Club

Running promotes the development and enjoyment of running as sport for life.

AMSA creates fun outdoor running opportunities for children regardless of ability, igniting their passion for sport and physical activity and encouraging them to become healthier, happier and more confident.

Our programmes will provide:

- Running and sprinting technique (proper form)
- Incorporate games
- challenges
- obstacle courses
- relays
- Speed drills

Every child can benefit by adopting a healthier life-style:

- have stronger muscles and bones
- be less likely to become overweight
- decrease the risk of developing type 2 diabetes

- lower blood pressure and blood cholesterol levels.
- build self-esteem and confidence.

Running Club is designed to get children active and having fun!

Tag Rugby Club

The Club will be based on Rugby Union Rules and will be non contact.

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 leant skills into match situations where the Rugby player can express themselves through individualism and creativity!