



Floreat Wandsworth Clubs – Autumn 2018

Club	Day/Time	Cost	No. of Sessions	Start	End
Rec – Y3 GIRLS FOOTBALL	Monday 7.45am – 8.30am	£42.00	10	24 th Sept	10 th Dec
Rec – Y3 CHESS	Wednesday 7.45am – 8.30am	£42.00	10	26 th Sept	12 th Dec
Rec FOOTBALL	Wednesday 3.30pm – 4.45pm	£70.00	10	26 th Sept	12 th Dec
Y1 FOOTBALL	Wednesday 3.30pm – 4.45pm	£70.00	10	26 th Sept	12 th Dec
Rec – Y3 ARCHERY	Thursday 7.45am – 8.30am	£42.00	10	27 th Sept	13 th Dec
Y2 & Y3 FOOTBALL	Thursday 3.30pm – 4.45pm	£70.00	10	27 th Sept	13 th Dec
Rec – Y3 RUNNING CLUB	Friday 3.30pm – 4.45pm	£70.00	10	28 th Sept	14 th Dec
Rec – Y3 NETBALL & BASKETBALL	Friday 3.30pm – 4.45pm	£70.00	10	28 th Sept	14 th Dec

Floreat Wandsworth 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'.

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.

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!

Netball and Basketball Club

The 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.