



### The Rowans School Clubs – Spring 2019

Club	Day/Time	Cost	No. of Sessions	Start	End
Rec – Y2 CHESS	Monday 3.15pm – 4.15pm	£96.00	10	14 <sup>th</sup> Jan	1 <sup>st</sup> Apr
Rec – Y2 HOCKEY	Monday 3.15pm – 4.15pm	£96.00	10	14 <sup>th</sup> Jan	1 <sup>st</sup> Apr
Rec – Y2 GYMNASTICS	Wednesday 3.15pm – 4.15pm	£105.60	11	9 <sup>th</sup> Jan	27 <sup>th</sup> Mar
Rec – Y2 FOOTBALL (1)	Wednesday 3.15pm – 4.15pm	£105.60	11	9 <sup>th</sup> Jan	27 <sup>th</sup> Mar
Rec – Y2 FOOTBALL (2)	Thursday 3.15pm – 4.15pm	£105.60	11	10 <sup>th</sup> Jan	28 <sup>th</sup> Mar

## **The Rowans School Club Descriptions – Spring 2019**

### **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.

### **Hockey Club**

Children will learn a range of shooting, dribbling and passing techniques and will be challenged to put these into fun and exciting activities to evade defenders and score into different size targets. Children will also be exploring different spaces and understanding how space can be used effectively in a Hockey match.

Plastic Hockey sticks will be used to ensure children remain safe through all Hockey lessons.

### **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'.

### **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.