



Wandsworth Preparatory School Club Timetable – Spring 2019

CLUB	DAY/TIME	COST	NO. SESSIONS	START	END
Rec – Y6 GYMNASTICS	Monday 4.00pm – 5.00pm	£105.60	11	14 th Jan	1 st Apr
Rec - Y6 CROSS COUNTRY	Thursday 8.00am – 8.30am	£57.60	12	10 th Jan	4 th Apr
Y2 - 6 FOOTBALL	Thursday 4.00pm – 5.00pm	£115.20	12	10 th Jan	4 th Apr
Rec - Y6 FITNESS FRIDAYS	Friday 8.00am – 8.30am	£52.80	11	11 th Jan	29 th Mar
Rec – Y1 FOOTBALL	Friday 4.00pm – 5.00pm	£105.60	11	11 th Jan	29 th Mar

Wandsworth Preparatory School Club Descriptions – Spring 2019

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.

Cross Country Club

Cross Country builds muscular strength and endurance, which reduces the risk of injury and leads to healthier, stronger muscles and bones.

We create fun outdoor running opportunities for children regardless of ability - igniting their passion for sport and physical activity and encouraging them to become physically fitter, happier and more confident.

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.

Fitness Fridays Club

Children will have the opportunity to learn and develop a wide range of strength and conditioning skills, as well as different types of movements working on the fundamentals of agility, balance and coordination.

Children will be given the opportunity to push to their own limits and the chance to better themselves each session.

Children will also be educated on the importance of a healthy lifestyle, healthy eating habits, hydration, the importance of stretching, warming up and cooling down.