



Floreat Wandsworth Clubs – Spring 2019

| Club | Day/Time | Cost | No. of Sessions | Start | End |
|--------------------------|---------------------------------|--------|-----------------|----------------------|----------------------|
| Rec – Y3 GIRLS FOOTBALL | Monday 7.45am – 8.30am | £42.00 | 10 | 14 th Jan | 25 th Mar |
| Rec – Y3 CHESS | Wednesday 7.45am – 8.30am | £42.00 | 10 | 16 th Jan | 27 th Mar |
| Rec FOOTBALL | Wednesday 3.30pm – 4.45pm | £70.00 | 10 | 16 th Jan | 27 th Mar |
| Y1 FOOTBALL | Wednesday 3.30pm – 4.45pm | £70.00 | 10 | 16 th Jan | 27 th Mar |
| Rec – Y3 ARCHERY | Thursday 7.45am – 8.30am | £42.00 | 10 | 17 th Jan | 28 th Mar |
| Y2 & Y3 FOOTBALL | Thursday 3.30pm – 4.45pm | £70.00 | 10 | 17 th Jan | 28 th Mar |
| Rec – Y3 FITNESS FRIDAYS | Friday 3.30pm – 4.45pm | £70.00 | 10 | 18 th Jan | 29 th Mar |
| Y1-3 GYMNASTICS | Friday 3.30pm – 4.45pm | £70.00 | 10 | 18 th Jan | 29 th Mar |

Floreat Wandsworth Club Descriptions – Spring 2019

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.

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.

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.

