



Wandsworth Preparatory School Club Timetable – Summer 2019

CLUB	DAY/TIME	COST	NO. SESSIONS	START	END
Rec – Y6 GYMNASTICS	Monday 3.50pm – 5.00pm	£86.40	9	29 th April	15 th July
Rec - Y6 KWIK CRICKET	Thursday 8.00am – 8.30am	£43.20	9	2 nd May	11 th July
Y2 - 6 FOOTBALL	Thursday 3.50pm – 5.00pm	£86.40	9	2 nd May	11 th July
Rec - Y6 ATHLETICS	Friday 8.00am – 8.30am	£43.20	9	3 rd May	12 th July
Rec – Y1 FOOTBALL	Friday 3.50pm – 5.00pm	£86.40	9	3 rd May	12 th July

Wandsworth Preparatory School Club Descriptions – Summer 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.

Kwik Cricket Club

Kwik Cricket aims to provide children of all levels of ability and experience with an opportunity to participate and develop skill, knowledge and understanding - this is achieved through a variety of fixed, variable and game based Cricket practices.

Players will be challenged to progress key skills such as catching, throwing, bowling and striking skills within small, rewarding maximised participation games.

A player centered coaching process is implemented to create player ownership, creativity and imagination, which guides learning and encourages participation and fun.

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.

Athletics Club

Athletics Club will focus on the key FUNdamental stages of a child's physical development and movement patterns. Agility, Balance, Co-ordination and Speed will all be developed within fun, creative and engaging games.

Children will also have the opportunity to develop the Foundation stage of an athlete by learning the correct techniques and in turn develop their individual skill, knowledge and understanding in a range of different running, jumping and throwing events.