



The Rowans School Clubs – Summer 2020

Club	Day/Time	Cost	No. of Sessions	Start	End
Rec – Y2 KWIK CRICKET	Monday 3.15pm – 4.15pm	£89.10	9	27 th Apr	29 th Jun
KINDERGARTEN MULTI SPORTS	Tuesday 3.15pm – 4.15pm	£89.10	9	28 th Apr	30 th Jun
Rec – Y2 ATHLETICS CLUB	Tuesday 3.15pm – 4.15pm	£89.10	9	28 th Apr	30 th Jun
Rec – Y2 MINI TENNIS	Wednesday 3.15pm – 4.15pm	£99.00	10	22 nd Apr	1 st Jul
Rec – Y2 GYMNASTICS	Wednesday 3.15pm – 4.15pm	£99.00	10	22 nd Apr	1 st Jul
Rec – Y2 FOOTBALL	Thursday 3.15pm – 4.15pm	£99.00	10	23 rd Apr	2 nd Jul

The Rowans School Club Descriptions – Summer 2020

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.

Kindergarten Multi Sports Club

Our Kindergarten Multi Sports Club will focus on the Fundamental Movement Skills during early childhood. Areas such as Agility, Balance, Co-ordination, Speed, Strength, Body Awareness and Hand-Eye or Foot-Eye will be developed.

Children will learn how to move confidently in and around the environment whilst appreciating the size and shape of the body whilst enabling choice and control. They will also learn how to organise and coordinate the arms and legs and respond to speed, direction and force of movement.

This will be achieved through coach led activities, child led activities and learning by repetitive play.

Playing and Exploring; Children investigate and experience things, and ‘have a go’

Active Learning; Children concentrate and keep on trying if they encounter difficulties, and enjoy achievements

Creating and Thinking Critically; Children have and develop their own ideas, make links between ideas and develop strategies for doing things

Mini Tennis Club

AM Sports Academy offer a Mini Red and Orange Tennis Club for Reception to Year 2. The colours will be split according to year and level of attainment/ability. Usually Reception, Year 1&2 would be playing Red but if a child has progressed to Orange then they will be able to play that level in the club.

Mini Tennis is a fun and exciting introduction into a thoroughly enjoyable game for children. It is played on smaller courts, with shorter rackets and softer balls.

Players will progress through the 4 level Mini Awards (relevant to the colour being played), where they will learn, develop and understand the following;

Rally - Learning and developing rallying skills.

Serve - Learning and developing serving skills.

Come to the Net - Learning and developing movement forwards and volleying

Score and Compete - Learning the rules, how to score, how to compete and fair play.

Players will also participate in short tie-break scoring matches as a team and as individuals.

Serves, long rallies, a variety of different shots and tie breakersIt is just like the real game!

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.

Football Club

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'.

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.