

## GNS SPORTS

### After School Multi-Sports & Multi-Skill Clubs

**Time of session:** 3.30pm – 4.30pm

**Cost of session:** £3.00 per child/per session

**Maximum number of children:** 24



GNS Sports organise fun coaching sessions for pupils through years 1 to 6. Through our philosophy, ‘The Golden Player’ we coach the FUNDamental skills to children who look to select and apply them within small-sided games.

The after school programme presents an opportunity to raise fitness levels, agility, balance, co-ordination and speed of participants. The children can learn the fundamental skills, improve interpersonal skills, build friendship and self-esteem and learn about team and fair play. The programme has been a huge success so far, attracting children in years 1 and 2 particularly that do not normally participate in Multi-Sports and Multi-Skill coaching sessions. Positive feedback has been received on numerous occasions from teachers, parents and children upon completion of participation within weekly sports coaching sessions. Children gained maximum benefit and enjoyment from the continuation of coaching sessions and from the way in which they were taught. All children were given an opportunity to be the “Golden Player” thus, increasing self belief and self esteem. In addition, many children expressed their delight of the delivery of the sessions, smiling, laughing and showing enthusiasm throughout every session. The confidence of the children increased as well as having the chance to be more social with other children with particular interest on improving their attitude towards learning and development.

The programme will ensure that children are using their time productively after school and are engaged in physical activity within a safe and enjoyable environment. This will help reduce the risks of health problems and crime prevention issues.

