



## BENEFITS TO CHILDREN

GNS Sports offer children the opportunity to participate in sport:

- In a safe and enjoyable environment
- In a positive and challenging way
- In gaining more knowledge and experience of various sports
- In enhancing their skills and abilities
- In gaining self-confidence and helping them feel good about themselves
- In helping them develop their social skills
- In developing their fitness
- In encouraging children to have a good and positive attitude
- In learning new skills/techniques
- In helping children develop game awareness
- In helping children conduct themselves in the right manner
- In teaching children how to be a good games player

Children will not only learn new and exciting skills, but they will be directed in a way that they try and possess the right attitude to learning.

*Research show that 'Young people are more likely to value something if they have contributed to it'*

*'The more experience young people have in sport, the more chance they will continue in later life'*

## BENEFITS TO PARENTS

- Provides an opportunity for children to learn and participate in sport
- Provides a safe and enjoyable learning environment for children
- Ensures that children are participating in active recreation
- Provides low cost, constructive sessions that are enjoyable and challenging for children
- Enables children to express themselves, demonstrating their sport skills, knowledge and their personality
- Provides an opportunity for children to develop and enhance their confidence and morale
- Provides an opportunity for children to be taught in a way that children can understand and enjoy what they are learning
- Enables children to develop a positive attitude towards learning and towards others
- Provides their child with the opportunity to receive sports skills delivered by a qualified PE Teacher and specialist sports coaches.