



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.