

## GNS SPORTS

### Breakfast Clubs

**Time of session:** 7.30am – 8.30am

**Cost of session:** £25-£40 per hour

**Total number of children:** 20



GNS Sports offers a breakfast club to help engage children in physical activity and have fun along the way. Research shows that children, who take part in physical exercise before lessons, will increase their attention span, thus helping to increase their academic achievements.

The programme has been designed to focus on improving technical ability and have fun through playing small-sided games.

Programme includes:

- Specified Multi-skill/sports practices
- Small-sided games
- Multi-skill challenges

