

## GNS SPORTS

### Curriculum Time Coaching (PPA)

**Time of session:** As agreed

**Cost of session:** £40 per hour

**Total number of children:** 24



GNS Sports offers a specialist programme of Multi-Skill and Multi-Sports activities during curriculum time. The programme follows a structured and well planned syllabus aimed at teaching the Fundamental skills and rules required in each sport. Our lessons will help improve a child's fitness levels, agility, balance, co-ordination and speed. The children gain confidence, build self-esteem and improve their health and well-being whilst helping to improve individual motor skills.

Teachers/Coaches are also available to come into school to work with pupils and teachers during PE lessons. The professional and specialist coaching method fit perfectly within the school curriculum, also meeting the criteria of the games section of the National curriculum for physical education.

Programme – designed to suit your needs

Sports available include: - Football, Tag Rugby, Basketball, Cricket, Gymnastics, Athletics, Badminton, Hockey, Bench-ball, Rounders, Tennis and Futsal.

