



# GNS Sports

## Goals and Objectives

GNS Sports offers an inclusive, developmental Multi-Skills and Multi-Sports coaching programmes to children aged 4-11 years. Children will learn, develop and apply their skills within our twelve core sports. GNS Sports ensure we provide an educational and enjoyable experience by developing a fun culture that ensures every child enjoys and understands what they are learning.

## GNS PE Curriculum

[Athletics](#)  
[Hockey](#)  
[Badminton](#)  
[Rounders](#)

[Tag Rugby](#)  
[Football](#)  
[Cricket](#)  
[Futsal](#)

[Basketball](#)  
[Tennis](#)  
[Gymnastics](#)  
[Bench-ball](#)

## **What makes GNS Sports stand out from other organisations?**

All our programmes are delivered by qualified PE Teachers and specialists sports coaches. What we say we provide, we always deliver! The most important element in our organisation is quality and customer satisfaction. We deliver the PE curriculum through progressive development of movement abilities in children. The first phase (Ages 4-7 years) focuses on teaching the fundamental movement skills (Agility, Balance, Co-ordination and Speed) to underpin the generic skills used in many sports; running, jumping and throwing. Practice, encouragement, opportunity and quality teaching play very important roles in the development of fundamental movement abilities. The second phase (Ages 8-10 years) focuses on generalised sports skills such as throwing, catching, jumping and running. This phase teaches children to be mentally and physically prepared with skills developed in challenging formats. The third phase (Ages 11+) focuses on specific and specialised sports skills. Children will focus on sport-specific skill development, including perceptual skills (tactical understanding) and decision making.

## **THE RIGHT PEOPLE**

We ensure that teachers/coaches are not only qualified to the highest level and understands how to teach, but also possess the right personality to communicate and relate to children. Teaching children is an art and can be very rewarding. All teachers/coaches working for GNS Sports have a genuine, caring and respect for children and understand how to teach skills, build confidence and have fun – all at the same time!

***‘Children may not always remember what you say, but they will always remember how you made them feel’***

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

## **TEACHING A WAY THAT IS RIGHT FOR THE CHILDREN TO UNDERSTAND (OPTIMAL LEARNING)**

We understand that there is no right way to teaching children, but there is a way! We have adopted a method that ensures children are engaged in maximum participation and are taught in a fun and challenging way. A session maybe slowed down to walking pace or demonstrated in various ways to help ensure that children learn and understand.

- We ensure that each child is encouraged through the learning process and that positive feedback is continuous.
- We encourage children to communicate and think for themselves
- We ensure that all children have fun, improve and have an enjoyable experience
- We adapt practices to ensure every child benefits from the sessions.
- We adopt a philosophy of a 'Golden Player' to ensure each child is given an important role within the session.

### **Key Objectives**

- To inspire, engage, educate and entertain children to be active
- Increase participation levels of physical activity and sport
- Deliver and sustain a high quality service of physical education in schools
- Provide opportunities that inspire, enthuse and motivate children to have fun and be active.