

## GNS SPORTS

### **Lunch Clubs (1 hour)**

**Cost of Lunch Clubs:** £20.00 per session

**Total number of children:** 20



Research shows that children, who take part in physical exercise before lessons, will increase their attention span, thus helping to increase their academic achievements. We offer a lunchtime programme to help children engage in physical activity and help prevent incidents from happening. Statistics show this is the time when bullying and abusive behaviour often occurs. The programme has been designed to focus on improving technical ability and have fun through playing small-sided games.

### **Programme includes:**

- Specified skill/technique practices
- Multi-Sports & Multi-Skills
- Small-sided games

