Before school, lunch and after school

****Our extensive list of activities along with our leadership programmes can cater for the majority of schools needs. Our enrichment programmes can be tailored to suit every school’s needs, whether it’s raising standards of performance or developing health and fitness. All of our specialist’s coaches and teachers are well equipped to sign post interested pupils onto local clubs. Our experience team are more than happy to sit down with schools to ensure that the enrichment programmes complement the existing provision in school.

We currently offer a variety of activities that include but not limited to:-

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| * Dance
 | * Gymnastic
 | * Athletics
 | * Multi Skills
 | * GYM Fit
 |
| * Yoga
 | * Basketball
 | * Netball
 | * Tag Rugby
 | * Dodgeball
 |
| * Rounders
 | * Tennis
 | * Cricket
 | * Handball
 | * Hockey
 |
| * HealthLeaders
* Streetdance
* rounders
 | * Ultimate Frizbee
* Fitness
 | * Cardio Tennis
* DanceFIT
 | * Speed, Agility and Quickness
 | * PlayLeaders
* Health and

Wellbeing |

**Benefits of using Specialist Sport Coaches to support schools extra curricular programme**

* Provide additional enrichment opportunities to help schools deliver a greater range of sports opportunities for children.
* They can help pupils develop and experience new skills outside of the classroom that they may not have been able to.
* Promote lifelong participation in sport and physical activity to young people.
* Be role models and play a pivotal role in the mentoring and development of young leaders as coaches.
* Contribute to the raising achievement agenda in schools through developing confidence and self-esteem in young people through sport and through educating young people on the importance and value of sport.
* Support the transition between school and community sport through helping to create and develop links with local community sports clubs.