

## Breakfast & Lunchtime Clubs



**Time of Breakfast Clubs:** 7.30am - 8.30am

**Cost of Breakfast Club:** £25 per session

**Time of Lunchtime Clubs:** As Agreed

**Cost of Lunch Clubs:** £25 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 that 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  
Small-sided games  
Soccer challenges

## After School Clubs

**Cost of session:** £40.00 per session  
**Maximum number of children:** 20



GNS Sports organise fun-coaching sessions for pupils through years 1 to 6. Through our philosophy, 'The Golden Player' we coach the fundamental skills to children who then use them within small-sided games. The after school programme presents an opportunity to improve fitness levels, agility, balance, co-ordination and speed of participants. The children can learn the Multi skills and Multi-sports, improve interpersonal skills, build friendship and self-esteem and learn about team and fair play. The programme will ensure that children are using their time productively after school and are engaged in physical activity within a safe and enjoyable environment. This will help reduce the risks of health problems and crime prevention issues.

Programme includes:

- Specified skill/technique practices
- Small-sided games
- Soccer challenges

## Curriculum Time Coaching (PPA)

**Cost of session:** £40.00 per hour



GNS Sports offers a specialist programme of Multi Skill and Multi-Sports activities during curriculum time. The programme focuses on improving children's fitness levels, agility, balance, co-ordination and speed. The children gain confidence, build self-esteem and improve their health and well being through a variety of activities. Coaches come into school and work with pupils and teachers during PE lessons. The professional and specialist coaching methods 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

## Meeting Individual Needs

Through our 'Craft of Coaching', we teach Multi-skills and Multi-Sports in a way that is clear and concise and our coaching method is easily delivered to groups of mixed ability. The coaches have the personality and expertise to differentiate their skill delivery to meet the needs of all children. GNS Sports has coaches that specialise in coaching pupils with learning difficulties, making the learning experience enjoyable and rewarding.

**Cost of session:** £40.00 per hour

**Total number of pupils:** 20



## Mentoring Programme

GNS Sports is committed to supporting children who have difficulty learning numerical skills and literacy. Our mentoring programme is designed and implemented in a way that our experienced and qualified coaches can act as mentors to work with the children. Children who show an improvement will be rewarded with a Multi-Sports coaching session, with the most improved child receiving a medal.

Programme includes: - 4 hours of one to one contact time  
1 hour of sports coaching  
Award ceremony

**Cost:** £30 per hour



## Fundraising and Sponsored events

Our fundraising programme is designed to generate much-needed extra funds for local schools. New computers, equipment, school transport and trips are just some of the ways in which our fundraising programme can help support Schools. We organise sponsored sporting competitions, such as penalty shoot-outs and small-sided games to give children an opportunity to win medals and trophies. This is a fun, enjoyable and challenging way for both pupils and teachers to participate in physical activity and through fundraising. We implement sponsorship forms, provide qualified and specialist sports coaches, undertake all administration and provide great prizes for ALL participants that raise above a certain amount.

## Coaching Clinics

A custom designed programme can be decided with the manager and coach that will cater to the needs of the individual players or team. We provide high quality coaching, delivered by a UEFA 'A' Licensed coach to work with specific age groups on a part-time basis.

### Club Teams

The programme will run for 1.5 hours

**Cost of sessions:** U8's – U10's - £30.00  
U11's – U14's - £30.00  
U15's – U18's - £40.00

### School Teams

We can take regular training sessions (1 hour)

Cost of session: £40.00

