



Get Active Sports

Sports, Games, Activities & much more



We are here

Dear Parent/Guardian

Get Active Sports are delighted to be continuing our after school care at St Francis Primary School in September. Our Active Care programme consists of multi-sports and activities.

Your child will get the opportunity to participate in a variety of sports and activities such as football, cricket, basketball, art & craft, creative time and much more. We also dedicate specific time to help children with their homework and reading (please let your supervisor know if you'd like this option). We will also offer computer time from 5.30pm-6.00pm

Children attending the short or medium session will receive one snack which will include rice cakes, fruit or vegetables with dip. Children attending the full session will receive one snack plus a meal which will include a wrap/sandwich, bagel or crumpet with fruit/raw vegetables with dip.

Short After School Club

Monday – Friday **3.15pm – 4.30pm** - £6.50 per session

Medium After School Club

Monday – Friday **4.30pm – 6.00pm** - £8.50 per session

Full After School Club

Monday – Friday **3.15pm – 6.00pm** - £12.95 per session

Clubs will run from 4th September – 14th December.

Please note for safeguarding reasons all sessions must be paid for in advance. All children must wear suitable footwear.

Book online at: www.getactivesports.com

1. Click Book Now
2. Choose Active Care
3. Select your school
4. Click Book and follow the instructions.



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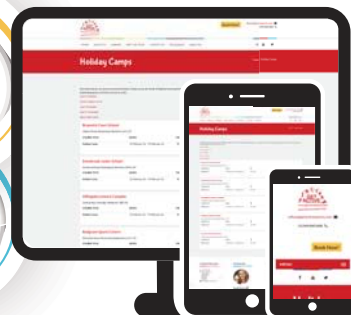


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www.getactivesports.com

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Example Sports & Activities in our Active Care programme

Basketball: Fast, skilful and technical, just some of the skills you'll need to be good at Basketball. We will teach footwork, passing, dribbling, shooting, teamwork and match play. Basketball improves endurance, motor control, ankle stability, balance & coordination, agility & social skills.

Cricket: With this exciting game of kwik cricket you will learn the fundamental skills of striking, fielding, throwing and catching, team leadership, hand-eye coordination and tactical play.

Football: Our club will help develop the skills needed for becoming a competitive footballer. In these sessions you will progress through a series of skills throughout the duration of the course from passing with all parts of your feet, dribbling, shooting, 1v1, 2v2, 3v3 matches.

Gymnastics: We begin with the fundamentals of movement and progresses to a high level of gymnastics, balance and floor exercises. Gymnastics is one of the most comprehensive lifestyle exercise programs available to children, incorporating strength, flexibility, speed, balance, coordination, power, and discipline.

Art & Craft: Our Arts & Crafts have fantastic materials and ideas to encourage creativity whilst improving literacy and numeracy in children of all ages. We update our theme and materials each term.

Education: All of our sessions, activities and games contain educational links, children learn while having fun!

Maths puzzles during art, number games in sport, literacy in treasure hunts and poems introduce children to new words every day.

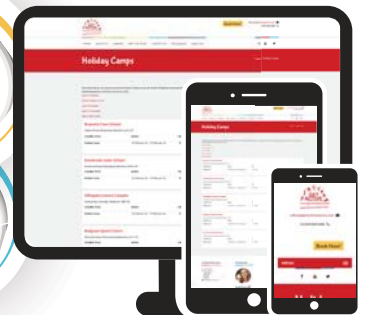
Reading & Homework: Every session will involve homework and/or reading time depending on the schools wishes allowing all children to receive independent learning.




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