

# Multiskills Club

Run by: Activ8

Time and Day: Thursday 3.20- 4.320pm

Cost: Free

Suitable for: key stage 1



The multi skills sessions introduce a range of sports and activities to your child. We introduce the skills, techniques, rules and regulations of a wide variety of sports and activities, from basketball to gymnastics, football and many more. All children are encouraged to take part to a level that suits them and through which they can see their skills develop into superstars of the future.

An essential part of training for all sports is learning to compete fairly and to win or lose with respect for other competitors. The children will learn to:

- Develop key skills and techniques of specific sports
- Develop the ability and attitude to compete fairly
- Understand the importance of healthy lifestyles
- Engage and interact appropriately with other children
- Improved control, coordination, balance, agility and flexibility
- Ability to follow rules and respect themselves and others
- Set realistic challenges to achieve

As well as developing their social skills, getting physically active and having great fun with friends, your child will also learn the key attributes to develop core physical skills and techniques as well as competing against themselves and others along the way!

Your child will develop the following skills:

Teamwork

Technique

Agility

Balance

co-ordination

Spatial Awareness

Rules

Winning and losing with respect