Specialist Sports Coaching

****Our specialist programmes can be tailored to suit every school’s needs, whether it’s raising awareness and understanding of health and fitness or introducing new sports. All of our specialists are also equipped to direct interested pupils to local clubs. Our experience team are more than happy to sit down with schools to ensure that the programmes and packages bring about sustainable and quality improvements to the existing PE and Sports provision.

The understanding of the health and fitness and the benefits of exercise and sport underpin all of our activities. Our tailored programmes cover a variety of activities that include but not limited to:-

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

**Benefits of using Specialist Sport Coaches in schools**

* Provide additional capacity to help schools deliver a greater range of sports opportunities for children.
* Work alongside teachers to improve their knowledge around the development of core skills in young people such as locomotion, skill acquisition and co-ordination.
* Support teachers to develop FUNdamental movement skills in young people to help them to be more confident to participate in sport and physical activity as part of a healthy and active lifestyle.
* 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.