

# EXTRA CURRICULAR CLUBS @ MOOR FIRST

Premier are pleased to announce that will be hosting the following Extra Curricular activities at Moor First School -:

REC - Y4

**WEDNESDAYS – AFTER SCHOOL CLUB**

3:15pm – 4:15pm

**GYMNASTICS**

8th Jun – 13th Jul 2022 (6 sessions)

Available to children in All Years

Cost = £24

REC - Y4

**THURSDAYS – AFTER SCHOOL CLUB**

3:15pm – 4:15pm

**BASKETBALL**

9th Jun – 14th Jul 2022 (6 sessions)

Available to children in All Years

Cost = £24

REC - Y4

**FRIDAYS – AFTER SCHOOL CLUB**

3:15pm – 4:15pm

**FOOTBALL**

10th Jun – 15th Jul 2022 (6 sessions)

Available to children in All Years

Cost = £24

**Gymnastics;** We've partnered up with British Gymnastics to become their only nationwide primary school delivery partner. Our sessions can be held in any sports hall – our highly trained coaches don't even need any fancy equipment to deliver fun, active and safe sessions.

It's easy to understand why there's so much interest in gymnastics. As a 'foundation sport', gymnastics uses strength, stability, flexibility, coordination and balance and has been shown to improve attention span.

It's all about teaching children the fundamental movement skills they need to lead a physically active and healthy life, full of sport and recreation. Its positive impact, physically and psychologically, is life-long, which is why it's particularly appealing for head teachers to offer.

**Basketball;** It appeals to a wide range of players thanks to its simple rules and its versatile nature. With Premier Education, every game of basketball can be changed to suit the number of players and their abilities. Our coaches make sure that every play style can contribute to a team's success.

With such an emphasis on team matches, basketball is the perfect sport for developing spatial awareness and communication. Basketball improves throwing, catching, running and jumping – all fundamental skills which can be applied through a range of sports.

**Football;** Inspire your child with the confidence to compete in the Beautiful Game with a first-class football course specifically designed to cater for a wide range of abilities. From gifted and talented footy players to those just starting out on the basics, our sessions have been developed in a bid to create exciting players with a passion for the game. We take children on a journey of learning through football in fast paced sessions which cover all the fundamental skills and rules of the game as well as instilling strong health and fitness awareness. Our inspiring coaches, many of them former professional footballers or still playing semi-pro, ensure children display the highest levels of professionalism while having fun and enjoying all the satisfaction team play can bring.

Book your place now at...  
[www.premier-education.com](http://www.premier-education.com)

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