



D.R SPORTS

Working alongside Lower Peover Primary School and St Vincent's Primary School





LOWER PEOVER
CofE Primary School

Sports Clubs

Lower Peover Primary School



COURSE DETAILS

ALL COURSES RUN FOR 7 WEEKS

Monday 5th November to 17th December
Tuesday 6th November to 18th December
Thursday 8th November to 20th December

TO REGISTER YOUR CHILD

please visit

www.drsportsclubs.co.uk

*We are only able to take bookings on our dedicated website,
please visit and register your child to book any of the above dates.
Places are offered on a first come, first serve basis.*



Timetable

MONDAY	TUESDAY	THURSDAY
Multi Sports or Zumba <i>with Mrs Turner</i>	Football	Hockey and Archery

The perfect way for your children to have fun, stay fit, be safe, make new friends and learn after school!

During all our clubs we deliver range of fun exciting games to build confidence, social skills and improve fitness.

All are clubs are designed to make learning fun and encourage children to make new friends through sport.



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Multi Sports



Sports On This Course Include;

- Dodgeball
- Handball
- Basketball
- Athletics
- Short Tennis
- Tag Rugby
- Football

All Sessions will Include;

- A fun warm up
- A technical skills practice
- A skill practice
- Small sided games

Kit Required

- Trainers
- Water bottle
- Tracksuit
- Waterproof clothing

DAY

Monday

TIME

3:15 - 4:15pm

AGES

All Years

Agility

Balance

Throwing

Catching

Coordination

Speed

Running

Skills taught

DAY

Monday

TIME

3:15 - 4:15pm

AGES

All Years

Kit Required

** This is an indoor session*

- Shorts and Tshirt
- Trainers
- Water bottle

Coordination

Teamwork

Overcome Fears

Self Confidence



What is Zumba Kids?

Zumba Kids features the famous Zumba Fitness music, rhythms, and beats along with Zumba choreography broken into kid-friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips, it's the perfect recipe for fitness fun. Zumba Kids also adds age-appropriate games and activities, helping children gain coordination, self-confidence, overcome fears, learn about teamwork, and much more.

Zumba for Kids Benefits.

It's a well-known fact that fitness is an essential part of children's health. Zumba, which literally means "moving quickly and having fun" is the perfect way to incorporate exercise into kids' lives in a fun, easy way with multiple personal and social benefits.

DAY	TIME	AGES
Tuesday	3:15 - 4:15pm	All Years

All Sessions will Include;

- A fun warm up
- A technical skills practice
- A skill practice
- Small sided games

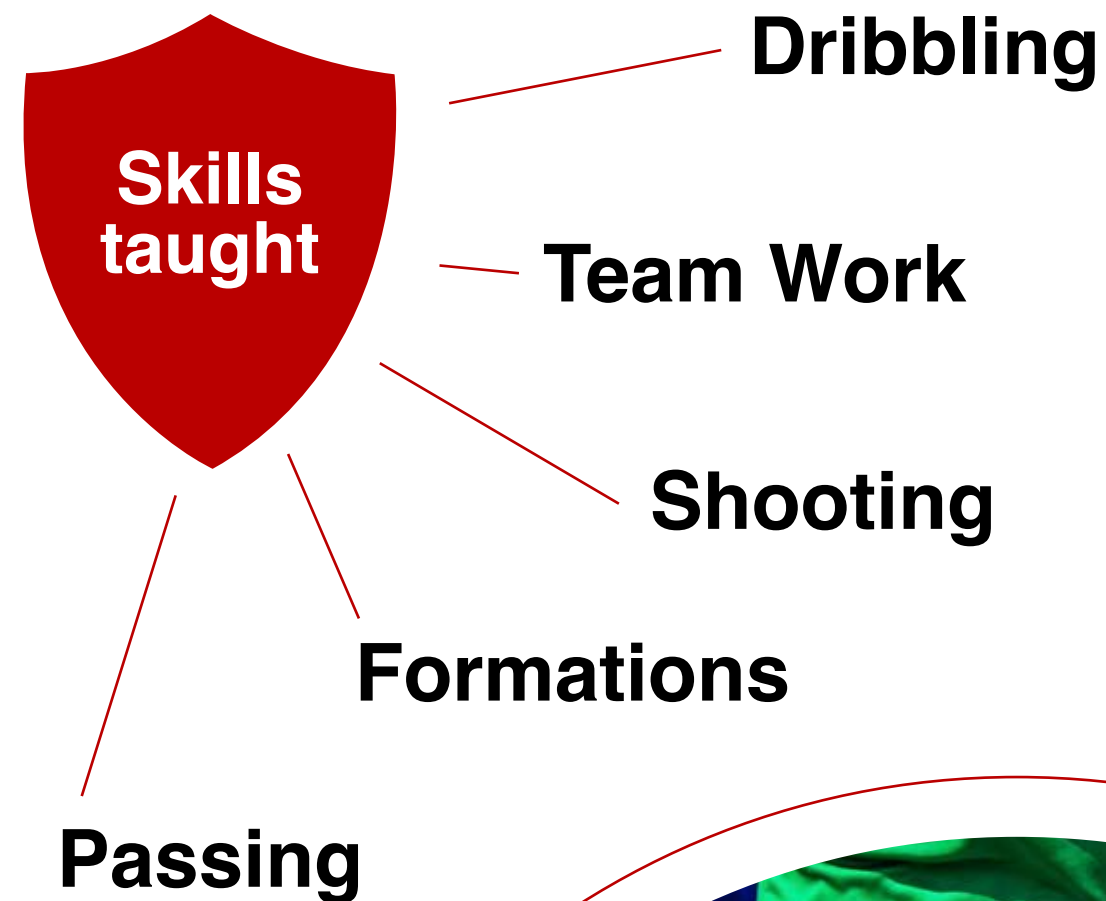
Course Overview.

During the football club children will learn a variety of different football skills including dribbling, shooting, passing, team work & formations



Kit Required

- Shin pads
- Football Boots/Trainers
- Water bottle



Football



* Please note, all clothing should be weather appropriate.

Archery & Hockey

DAY	TIME	AGES
Thursday	3:15 - 4:15pm	All Years

Course Overview.

Physically and mentally demanding. Archery does not lack the physical and mental demand of other sports; it develops upper body and core strength as kids learn how to draw and aim their bow. Practicing archery also cultivates mental toughness and self-confidence in children



Kit Required

- Trainers
- Water bottle
- Waterproof clothing

Hockey will Include;

- Content basic skill
- Moving with the ball
- Shooting
- Defending
- Small sided games
- Health, fitness and safety

Agility

Coordination

Teamwork

Balance

Skills taught

D.R SPORTS

For more information please contact us

admin@drsportsclubs.co.uk