

FMS Sports

Dear parents and carers of the Coteford community. I am excited to announce that I will be leading a new variety of after school sports clubs named 'Fundamental Movement Skills Sports (FMS Sports) which uses a variety of sports to nurture children's development, confidence and encourage social connections.

As many of you may know I currently run the school football team, coordinate P.E sessions and I am a teaching assistant at the school. I have a strong passion for sports which has led me to engage in a variety of sports throughout my life and I have a sports science background. I am thrilled to use my knowledge and passion to support children gain a multitude of skills. The sports clubs I will be running will be as follows:

Day	Sport	Available to:
Monday	Bench dodge ball	Year 3 and 4
Thursday	Multi-Sport (The sport will change every half term to expose students to a variety of sports which will build on familiarity and refine skills	All year groups
Friday	Bench dodge ball	Year 5 and 6

All sessions are welcomed to mixed genders and all abilities. There will be a maximum of 24 places available for each day, which will be booked on a first come first serve basis and booked per termly.

As this is a new range of clubs for Coteford, I would like to offer taster sessions free of charge to allow children who are interested in joining to have a feel of the fun to come. Commencing in the spring term, sessions will cost £5 per session (booked termly). The taster sessions will occur week commencing Monday 9th December (there will be no other clubs taking place on this week). The taster sessions will run on the same days of the week stated above, which will run as follows

Date	Sport	Available to:
Monday 09/12/2024	Bench dodge ball	Year 3 & Year 4
Thursday 12/12/2024	Multi Sports	All year groups
Friday 13/12/2024	Bench dodge ball	Year 5 & Year 6 (unless attending with a sibling)

If you are interested in signing up for a particular day or days, please do not hesitate. To attend the taster sessions please follow the link below. Spaces are limited so let's run to the booking line!

<https://forms.gle/PzT7M3ayYzDnHdVK6>

I look forward to hearing from you soon,

Mr Belinga