



**WILL BE HOSTING
THE FOLLOWING
EXTRA CURRICULAR
ACTIVITIES IN YOUR
CHILD'S
SCHOOL**

f SH Active Sports
@Shactivesports
www.shactivesports.co.uk

ACTIVE SPORTS

**DODGEBALL, FOOTBALL, DANCE, ARCHERY & MARTIAL ARTS
AT MOORHILL / REDHILL PRIMARY SCHOOL**

**FOR TIMES DATES AND PRICES
PLEASE
SEE BOOKING SYSTEM**

**Mon - Dodgeball (Held at Redhill Site)
Tues - KS1 Football (Held at Moorhill KS1 Site)
Wed - Dance (Held at Moorhill KS2 Site)
Thurs - Archery (Held at Moorhill KS2 Site)
Fri - Martial Arts (Held at Moorhill KS2 Site)**

DODGEBALL

Dodge, duck, dip, dive and dodge, the 5 D's of dodgeball will be taught to your child through many fun and safe games of dodgeball, There are many variations of the game, but generally the main objective of each team is to eliminate all members of the opposing team by hitting them from the neck down with thrown balls, catching a ball thrown by a member of the opposing team. Your child will mainly be working in different teams to compete in this game therefore improving their teambuilding, interacting with other children and building their self-esteem and self-confidence all whilst enjoying being as active as they possibly can. The main objective of our dodgeball club is all about having as much fun as possible.

FOOTBALL

Our football clubs are designed for all ages and abilities; they will include all components a footballer needs at the elite level. Tackling, defending, passing, fitness, dribbling, shooting, attacking and even goalkeeping if your child wants to have a go at it. They will be doing different skills and drills each week and then putting the practice into performance towards the end of the session by playing a competitive game with children their own age and ability. SH Active Sports strives to ensure each club is a place for your child/children to find new friends, enjoy themselves, be rewarded for success, boost self-confidence and obtain an active and healthy lifestyle.

STREET DANCE

Kids will get the moves and gain the confidence to express themselves in the style they see and love in music videos and movies. Energetic, fun and educational, it's also totally cool! Not exactly sure what Street Dance is? Commercial dance, Street Jazz, Hip-Hop and Funk are all the words that fall under the umbrella known as Street Dance. Our Street Dance Classes incorporate all of these styles to create and uplifting and exciting atmosphere to learn in. You need to know these things! There's a whole range of seriously cool moves in Street Dance.

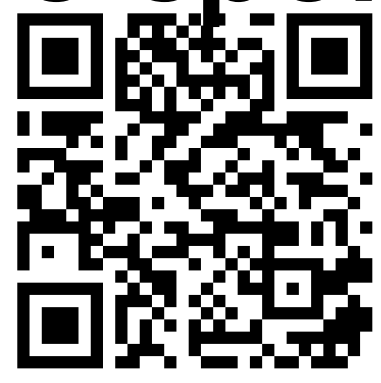
ARCHERY

Our Archery clubs are as close to the real thing as it comes, they provide an opportunity for children to experience the sport in a safe and fun environment. How good is your child's aim? Children will take part in this exciting sport while also learning the important fundamental skills it takes, including safety, technique and how to get closer to the bullseye every time. The activities will enable the children to use Archery as a vehicle for learning maths through their scoring, literacy through language and citizenship through cooperation and self discipline. The activities provide an alternative and complimentary way of developing skills such as coordination, balance and strength as well as personal, social and mental skills all while having so much FUN playing Archery!

MARTIAL ARTS

Our Martial Arts club provides an opportunity for children to experience a blend of several different martial art sports such as; Taekwondo, Tai Chi, Judo, Jujitsu, Kickboxing and Karate in a fun and safe environment. Combining both physical fitness and mental stimulation. SH Active Sports Martial Arts helps to develop and improve co-ordination, balance, flexibility, agility, discipline, concentration, teamwork, and leadership skills. Children will learn about self-defence and stranger awareness with the emphasis on fun and enjoyment. Our Clubs are designed for children of all abilities.

**To book: Please scan the QR
code or follow the link below.**
<https://sh-active-sports.classforkids.io>



(Open camera on smartphone and scan QR code above)

**For any queries please contact 07709488681 or
info@shactivesports.co.uk**

Booking is deemed acceptance of our Terms & Conditions. available on our website and booking system. * Prices include VAT charge of 20%