

AUTUMN TERM'S SPORTS

TAMBOURELLI

TAG RUGBY

NETBALL

BOOT CAMP

VOLLEYBALL

SAQ'S (speed, agility and quickness training)

TAMBOURELLI

Tambourelli is a court game invented in Galloway in Scotland in the 1970's. It has since spread all over the world. Fundamentally it is similar to badminton but using a bat that looks like a tambourine and attaches to the hand with a strap. We love this sport as the bat being attached to the hand enables the student to make contact with the shuttlecock with ease and very quickly our younger students are able to rally. It also makes for a more challenging game for the older students as without the reach of a racquet super fitness and agility is required to cover the court!

TAG RUGBY

Tag Rugby, or flag Rugby, is a non-contact team game in which each player wears a belt that has 2 velcro tags attached to it. The mode of play is based on rugby league. Attacking players attempt to dodge, evade and pass a rugby ball while defenders attempt to prevent them scoring by 'tagging' – pulling a Velcro tag from the ball carrier's belt. Besides being a great introduction to the concept of rugby league and union which is played in secondary schools it helps develop fitness, agility, spatial awareness and team work

TEAM TALK

Autumn Term 2018



BOOT CAMP

Functional training is fun! Inspiring the imagination of all our students and coaches, this module has included, circuit training and boxing as well as a whole heap of laughter and team work. Building up our strength each week and working towards an exhilarating tournament week appropriately finishing on Remembrance Sunday with a 2 minute silence. Respect for others is a valuable lesson that is learned through participating in sports and team building and we are very proud of all our students for their tremendous displays of sportsmanship this term!



DATES FOR YOUR DIARY

...
END OF TERM
8th / 9th DECEMBER

...
LITTLE SPORTIES OPEN
DAYS FOR PARENTS
8th / 9th DECEMBER

...
SPRING TERM
STARTS 5th / 6th JANUARY
ENDS 30th / 31st MARCH
HALF TERM 23rd / 24th FEB

...
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NETBALL

Played on a court, each team attempts to score by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court. This format is ideal in assisting the students to understand the different roles of players in many sports and due to the rules, active play requires complete team work to be successful – a concept we continually strive to reinforce throughout our weekly MultiSports sessions.

VOLLEYBALL

Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other teams' court under organized rules. Learning the skills of this sport is challenging so we begin teaching with balloons and very light weight balls so our students can develop the correct techniques to be able to play with an official volleyball. We strive through our program to encourage children to make active pastime choices and the added beauty of this sport is that it can be successfully played on any surface so it's ideal to play in the garden or on the beach with family and friends, making this sport an easy choice for everyone.

SAQ's

SPEED – the rate at which someone moves. We are looking to improve our top speed and will be doing the bleep test to measure and improve our stamina.

AGILITY – the ability to move quickly and easily. Essential to be successful in sport the training in this module will give the students the techniques to develop this skill using recognised training programs such as the Illinois test.

QUICKNESS– Our explosive power. Many sports such as rugby and athletics rely on great quickness and explosive power so training in this area has huge benefits whatever the activity and our students will be setting their PB (personal best) time over 10 metres on week 1, practicing through the module to week 4 and seeing how they can shave seconds and improve this time and setting a new record for themselves in tournament week,

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Is committed to the concept of 'Training for life' through encouraging and developing young people of all abilities in a wide range of sporting activities.

“The 3 disciplines of team sport, individual sport and team building aid development in self confidence, team work, communication, leadership and respect. Given the opportunity to harvest the potential of each student our aim is to help them develop into confident and well rounded individuals harnessed with a set of skills to help them navigate their way through life.”

Helen Girdler (Principal)



‘We are not a team because we work together, we are a team because we respect, trust and care for each other.’

