

## AUTUMN TERM'S SPORTS

### BASKETBALL

SAQ'S (speed, agility and quickness training)

### TAG RUGBY

### BADMINTON

### CIRCUS SKILLS

### UNIHOOC

### ORIENTEERING

## SAQ TRAINING

Speed, agility and quickness are instrumental skills for all sports and can be developed and improved significantly with practice. So, to begin, our students were taught the difference between the skills in order to identify when they are useful within different sports. This understanding gave meaning to the circuit training sessions and it fuelled great determination and perseverance to improve skills as we jumped and weaved our way around the circuits of ladders, poles and hurdles. We also recorded significant differences in quickness with the times recorded from week 1 to week 4 over a short take off distance of 10 metres, proving to the students that their good effort and focus over the weeks had paid off.

## BASKETBALL

This term in Basketball Jamie has been re-enforcing the idea that small changes can make big differences. With this in mind, Jamie has focused on technique when shooting. The students learned that the direction the ball spins when it hits the backboard is crucial for it to drop into the basket. Learning that a small flick of the hand to change the direction of the spin is key and this small change makes a big difference to success! Basketball is a favoured sport amongst our student's and we saw determination during practice time and some extremely exciting and high scoring matches when our improved shooting technique was put to the test on tournament week.

# TEAM TALK

Autumn Term 2019



## ORIENTEERING

Across the first 4 weeks of term, through orienteering, the students have learned that there are different ways to get to the same destination and that there is always a choice in how we do something. We used a compass (rather than stars or the sun, which was a popular but not so practical a suggestion) to set our direction and then learned how to use pacing and timing to reach the set points. Teamwork was key during this task and so was maths also giving a whole new perspective on how our school work can benefit us in recreation too!



## UNILOC

Also known as Floor Ball, this game is a playful variation of field hockey with the useful addition of a double sided stick which encourages the player to engage and develop bi-lateral skills. Being played either indoors or outdoors this game can also be played with a puc, giving the opportunity to further practice with a slower pace ensuring that skills can be developed with the correct technique. At MultiSports, we have also created a unihoc battle game, which is played with a puc or ball for every player, making sure that every student can maximise their practice time on the ball to develop their skills.



*Our focus this term:*

*'What I do matters – in everything, always.'*

*'Small changes make big differences.'*



## BADMINTON

With so many sports available to us, it has been quite some time since we have played badminton and it has been received with lots of enthusiasm! As a shuttlecock travels relatively slowly, we have time to think about where we position ourselves and move to where we need to be before taking a shot. Embedding good ideas into our minds allows us to set neuro pathways that then become automatic and hence, we can rely on them to work for us when we are required to make instant decisions. From king of the court to round the world games, we have seen how effective this brain training has been in the development of rallies and shot placement and the sessions have been very exciting and rewarding for everyone.

## CIRCUS SKILLS

Coming up later this term, we have Circus Skills! Whether it be with the Diablo, Devil sticks, Juggling balls, Spinning plates, Stilts, Trapeze, Rings and Unicycles we are sure to see lots of great performances from our students. Besides learning new skills, performance day will be an opportunity to put to fine use our personalities! Our leaders can become ring masters, our entertainers can become clowns and those that dream of flying through the sky can swing above us on a trapeze! Imagination and creativity sit at the essence of us all and the circus is a wonderful arena to tap into these treasures. We will be sure to post lots of pictures on our face book page, so please look us up and like us there if you haven't already!

## SPORTS LEADERS

We have another 15 students on our Saturday afternoon session that have embarked on the Sports Leaders Program. Having benefitted from our 3 dimensional program of development, we have found that the Sports leaders program is ideally suited to our older students as a progression from Team Building. It is mainly a practical course and includes further development of organisation, planning and leadership skills. The certificates are nationally recognised and the level 3 carries 16 UCAS points which is the equivalent to ½ an A level and very useful to enhance a University application. Students need to be aged 12 + to participate.

## MULTISPORTS.CO.UK

Is entirely 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, teamwork, 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 Sunday (Principal)



*'We are not a team because we play together, we are a team because we respect, trust and care for each other.'*

## FAMILY ZUMBA EVENT!

It has now been scientifically proven that dancing is an ideal way to increase happiness and without doubt many of our parents have discovered the joy of exercise through Zumba classes. There are classes held locally at the weekends, here at Challoner's with Sue Perrin (07753 754131) and in Chalfont St Giles with Gabriel Borozescu (07459 488547) and now on Sunday 20<sup>th</sup> October you can join a Halloween Zumba Party! So, whether it's a new thing for you as a parent to try or an opportunity to enjoy some exercise with your children, come along and join the fun with some fabulous, international instructors!



### HALLOWEEN BRING A BUDDY DAY!

On the weekend of 1<sup>st</sup> & 2<sup>nd</sup> November we are hosting a bring a buddy day for our students. On this weekend:

- \* All our sports and activities will have a Halloween theme
- \* Costumes are encouraged and
- \* Bringing along a friend for free will add to the fun!
- \* All we need for the friend is a parental permission slip which is available at school or to print by [clicking here](#)

### DATES FOR YOUR DIARY

- Half term 26<sup>th</sup> / 27<sup>th</sup> October
- Halloween - Bring a buddy day 2<sup>nd</sup> / 3<sup>rd</sup> November
- Weekend off (venue unavailable) 30<sup>th</sup> November / 1<sup>st</sup> December
- Little Sporties presentation day 8<sup>th</sup> / 9<sup>th</sup> December
- End of term 8<sup>th</sup> / 9<sup>th</sup> December
- Spring term 4<sup>th</sup> / 5<sup>th</sup> January 28<sup>th</sup> / 29<sup>th</sup> March
- Half term 15<sup>th</sup> / 16<sup>th</sup> February

### CONTACT US:

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## DISCOVERY SESSION

Our next FREE Discovery session for prospective students is on Saturday 19<sup>th</sup> October 10.45am – 12.15pm.

We know that our program is unique and offers many benefits to young people of all abilities.

The best way for other parents to understand this is by hearing a personal recommendation from an existing parent and/or attending one of our discovery sessions.

A link is included below to book for our upcoming Discovery session and we thank you in advance for sharing this information with your friends.

[Click here](#) to book a Discovery day