

ADDITIONAL SERVICES

Holiday Provision

Geared towards promoting health and fitness to children in a way that appeals to them, motive8's activity camps give children the opportunity to make new friends, learn or develop new skills and remain active during school holidays.

Kid's Coaching

Our private coaching sessions are for children of all ages aimed at increasing physical activity levels. Sessions can be sports-specific and geared towards achieving a specific outcome or purely for enjoyment.

Children's Parties

Delivered at a location of the client's choice, motive8's qualified coaches take the stress out of children's parties. Any sport/activity can be delivered with goody bags also available on request.

Health & Fitness Facilities

Utilising over 10 years of experience, motive8 can consult on the design and installation of fitness facilities in schools and active outdoor play areas. We offer aftercare on all facilities including inductions on the equipment, ongoing maintenance and educational training programmes.

For further details, please contact the motive8 Schools team.



motive8's holiday provision continued this October half term with the delivery of two different themed camps for children aged 5 to 11. Hosted at Collis Primary School, both camps ran for 5 days between the hours of 10am and 3pm, with a choice of either a Multi-sports & Athletics camp or a Gymnastics, Cheerleading & Street Dance camp.

As it was autumn, the multi-sports camp was centred on more winter-orientated sports. These included tag rugby, football and hockey.

As the coaches rotated the different sports throughout the week, it was the football that proved particularly popular.

Despite some bad weather, it didn't dampen the children's enthusiasm, with everyone going home thoroughly covered in mud! Numbers were also very good and steadily increased during week as children returned for extra days and brought their friends along too.

The days began with a thorough warm up to get the children's muscles loose. For the multi-sports camps, this was followed



by a session of skills development and practice drills. These skills were then transferred into mini games and tournaments.

For the gymnastics, cheerleading and street dance camp, the children focused on putting together entire routines to music. Gymnastics sequences were formulated using different apparatus together with acro-balances and artistic routines. Our lead gym coach Emma also let some of the children have a go on the single bar.

Cheerleading performances were scheduled throughout the week for parents to watch to enable children who only attended for certain days to participate and leave on a high.

Furthermore, sponsorship from the Open Living Company meant that we were able to offer free places to 5 children from each of the schools in which we currently deliver extra-curricular sports provision.

Outstanding sportsmanship was demonstrated from all involved, with coaches very impressed with the attitude and behaviour of the children and their ability to mix with new children from different schools.



My son loved trying different sports that he had not experienced before. Staff were very friendly too. Camp was motivating, upbeat and confidence boosting. Loved seeing the routines at the end of the session. My boys had a fantastic time; it was all that I'd hoped for/expected.

Parents from October half term camp

