

MOTIVE8 EXTRA-CURRICULAR PROVISION

motive8 extra-curricular provision offers children a range of sports and activities which are run as breakfast, lunch or after-school clubs. Sports include gymnastics, netball, tennis, tag rugby and football alongside other activities such as street dance, cheerleading and mini-sports. The objective of this provision is to get children involved in regular physical activity as well as improving their sporting skills and ability.

BENEFITS TO THE SCHOOL

- Teachers and parents can be assured that children are left in capable hands during out-of-hours
- As part of our contract with schools, we maintain a comprehensive grasp of all school procedures as well as adhering to our own high standards
- Our extensive portfolio of clubs allows children to experience a great variety of activities which they may not otherwise have access to

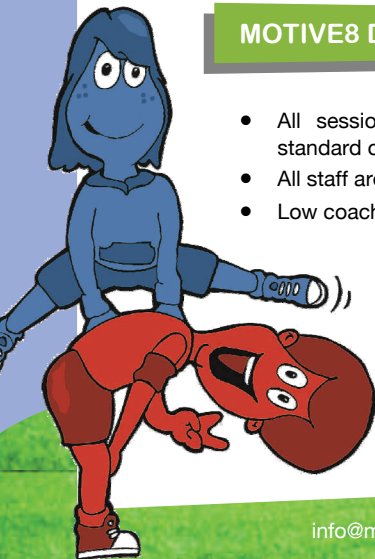
BENEFITS TO THE CHILDREN

- Sessions are based around children having fun at the same time as learning and enhancing their sporting skills
- We can cater for all children - talented pupils can further enhance their sporting skills whilst those who may be less confident in their ability can receive targeted training from our coaches to help them become more involved
- All clubs delivered with a clear end focus, be it an official NGB award, motive8 award, match or display

MOTIVE8 DELIVERY

- All sessions led by experienced, NGB-qualified coaches with a high standard of personal sporting experience
- All staff are CRB-checked and first-aid trained
- Low coach to child ratios ensure children receive the appropriate attention

For further details, please contact the motive8 Schools team.



motive8 gymnastics clubs follow a clear, well-defined structure, which all children become familiar with over the course of their attendance at the club.

On arrival, all children are registered and then carry out a warm up consisting of a fun game and stretching, a process that is consistent every session.

The children then go off into their groups and rotate around various pieces of apparatus, which vary weekly to encompass a range of skill development.

Apparatus includes floor, vault and beam, on which jumps, balances, sequences, individual and partner acro movements are developed.

At the end of each session children receive feedback from coaches and motive8 stickers are given to different children each week who displayed good effort, attitude and behaviour.



All children are assigned to their group at the beginning of term with their own coach. Groups remain the same for the entire term to enable the coaches to assess and develop children's progressions appropriately.

motive8 gymnastics clubs deliver British Gymnastics Proficiency Awards. These are a nationally-recognised awards scheme that aids the development and progression of young aspiring gymnasts.

motive8 gymnastics coaches encourage the young gymnast to learn through guided discovery, allowing the children to become unique.

The success of the gymnastics clubs arise from the organised structure that is adopted, the developments that are in line with national governing body guidelines, the teamwork of coaches and the flexible timing of clubs, which aims to allow as many children as possible the opportunity to come along and take part in either a before or after-school club.

“ I enjoy coaching at all the gymnastics clubs we run at motive8; the children are a pleasure to work with and the satisfaction gained when you see their development is so rewarding.

Emma Rudelhoff, Head Gymnastics & Cheerleading Coach”

