

Woodlands School

ASPIRE SPORTING ACADEMY- Multi Sports

Primary School Sports Programme
By PE 4 Primary Schools

Pupils within Years 4, 5 & 6

FREE - Fully Funded by Woodlands School

Only 48 Spaces

Every Saturday 9.00am - 11.00am

Every Saturday From September 8th 2018

VENUE

Woodlands School

Woodlands Approach, Off Nether Mayne
Basildon, Essex **SS16 5FT**



Get in Touch



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Aspire Sporting Academy

A great way to prepare for;

- Sporting life at one of the countries leading Secondary Schools for PE & Sport.
- First steps within your journey towards elite sport
- Each weekly session broken down into three sections

1] Fundamental Movement Skills

Using functional training as the basis of our movement and strength & conditioning development. Comprising of: Dowles, TRX Straps, Medi Balls, Agility Grids, Jump Boxes and loop bands.

2] Fundamental Sports Skills

Using sports from around the World to underpin and hone our skills. Sports we play: VX, Spike Ball, Fencing, Soft Archery, Giant Volleyball, Scooter Hockey, Baseball, Zorb Football, Street Soccer, Lacrosse, Tri-Golf and Tchoukball.

3] Master Classes & Sports Specific Training

This section combines monthly master classes from elite coaches or young aspiring athletes mixed with training in a specific sport. Each term children will choose one of two sports skills to learn.

Previous Master Classes include

- VX England Coach
- Ex UFC Competitor - Tom Watson
- England Ladies Rugby 7s - Natasha Brennan

Aspire Sporting Academy

Is also a great way to prepare for;

Woodlands School Aptitude test

the key to Woodlands

EPD programme & £100 kit grant each year.

Date : Saturday 6th October 2018.

[Spaces must be reserved - register with school directly]

Any child within school years 4, 5 & 6 welcome to attend - to enrol get in touch - details on front