



Multi Sports Sessions

For children & young people with disabilities & special educational needs
£3.00 Per Session

Starts: Saturday 9th January 2010, 1.30pm – 3.30pm (for 6 weeks)
Venue: Turnford School, Mill Lane Cheshunt, Herts, EN8 0JU

In partnership with *MCS Sports Limited*

At the sessions each child with the help of a parent/carer –

Will have the opportunity to experience a variety of activities and learn new skills. Activities will be adapted to ensure objectives are achievable and that the children will have fun. A variety of safe equipment will be used to aid development of the generic movement skills that will help children to perform well.

Activities will include

- Bowling
- Boccia
- Tri Golf
- Trampolining
- Fitness - using gym kids equipment
- Speed stacking
- SAQ
- Dance
- Team Building Activities
- Ball Games



All sessions will be delivered by experience qualified coaches

The sessions are guaranteed to be lot of fun and are adapted to meet the participant's individual needs and skill level.

Each child/young person must be accompanied by a responsible adult

Numbers for this course are limited to **20 Children**; to apply for your place, please contact: -

Pete Maiden - 'ChExS' Extended Schools Co-ordinator
Tel: 01992 308333 Ext 215 or Mobile: 07974262875
email: peter.maiden@turnford.herts.sch.uk

Ben Wallis – 'Churchgate' Extended Schools Co-ordinator
Tel: 01992 629124 Ext 33 or Mobile: 07920 055996
email: ben.wallis@st-maryshigh.herts.sch.uk

We will contact you before the course to confirm your place.