

Ballymoney Model Integrated PS Term 2A

Day	Activity	Time & Number of Spaces	Cost	Facilitator/s	Additional Info	Dates
Mon	Football For Fun	2 - 3pm - 24 3 - 4pm - 24	£12 for 4 weeks	Causeway Coast and Glens Sports Development	2 - 3pm - Y1 - Y2 3 - 4 pm - Y3 - Y7	9th, 16th, 23rd, 30th Jan
Tue	Multi Skills	2 - 3pm - 24	£12 for 4 weeks	Causeway Coast and Glens Sports Development	Y1 - Y2	10th, 17th, 24th, 31st Jan
	Multi Ball Game Skills	3 - 4 pm - 24	£12 for 4 weeks	Causeway Coast and Glens Sports Development	Y3 - Y7	10th, 17th, 24th, 31st Jan
	Football Team Training	3 - 4pm	See Mrs Boyd Info	Mrs Boyd	Y6 - Y7	10th, 17th, 24th, 31st Jan
Wed	Dance and Cheer	2 - 3pm - 20 3 - 4pm - 20	£9 for 3 weeks	Nemisis Dance & Cheer Shania	2 - 3pm - Y1 - Y3 3 - 4pm - Y4 - Y7	11th, 18th Jan 01st Feb
	Orchestra	3 - 3.45pm	Free	Music Leader Mrs Carson	Y5 - Y7	Every Wednesday
	Gaelic Football	3 - 4 pm - 24	£6 for 4 weeks	Mrs Duggan	Y4 - Y7	11th, 18th, 25th Jan 01st Feb
Thur	Volleyball	2 - 3pm - 20 3 - 4pm - 20	£12 for 4 weeks	Giant Leap Sports	2 - 3pm - Y1 - Y3 3 - 4pm - Y4 - Y7	12th, 19th, 26th Jan 2nd Feb
	Hockey Team Training	3 - 4pm	See Mrs Boyd Info	Causeway Coast and Glens Sports Development	Y5 - Y7	12th, 19th, 26th Jan 2nd Feb

NB - Booking and payment is to be made using the school app.

NB - Please note costing has been calculated based on pupil/ coach ratio, therefore if maximum numbers are not reached the club may have to be cancelled. Unfortunately, once the clubs have been booked, refunds cannot be issued, unless cancellation of a club.

Football For Fun

Playing football, the children will get the opportunity to experience fun games and activities that support their physical development and well-being, improve their social skills, and encourage them to work well in a team.

Multi Skills Sports and Ball Games

Multi-Skill includes a rotation of multi-skill activities, e.g. jumping, skipping, throwing, catching, lunging, which challenge children to achieve their personal best. These learning experiences allow children to develop the fundamentals of balance and co-ordination, whilst experiencing wider social benefits and outcomes.

Dance and Cheer

Dance comes with so many physical health benefits for children. It gets the heart pumping, increases muscular strength, endurance and aerobic fitness. It is beneficial for their coordination, agility, flexibility, balance and improved spatial awareness.

Gaelic Football

Gaelic football teaches young people lessons for life in relation to sharing, teamwork and appreciating the different skills people have - it's really a template for life.

Volleyball

Volleyball provides a great workout for kids supporting the fundamentals of running, jumping, balance and hand-eye coordination, whilst getting the heart pumping. It is a non-contact sport and promotes teamwork.