



**THE ROWANS SCHOOL**

Founded 1936



## **EARLY MORNING and AFTER SCHOOL CLUBS**

**Summer Term 2021**



**Early Morning Clubs start at 8am**

**After School Clubs finish at 4.15pm**

**Clubs will commence on Wednesday 21<sup>st</sup> April and finish on Thursday 1<sup>st</sup> July 2021**

**The online booking system will open on Monday 15<sup>th</sup> March at 9.30am and close on Friday 19<sup>th</sup> March 2021 at 4pm after this no further changes can be accommodated.**

If your child wishes to attend Early Morning or After School Clubs for the Summer Term 2021, please book online via the SchoolBase portal <https://schoolbase.online> Please note that all Clubs need a minimum number of 6 children attending to make them viable and are limited to a maximum number of children. Once the Clubs are full you will be placed on a waiting list. Parents will be informed as soon as possible if a Club is not able to go ahead.

Bookings for **AM Sports Academy clubs (AMSA)** (Chess, Cricket, Football, Gymnastics and Multi-Sports) are **made direct** with them via their website: ([www.amsportsacademy.co.uk/Clubs](http://www.amsportsacademy.co.uk/Clubs)). If you have any questions please email them direct at: [info@amsportsacademy.co.uk](mailto:info@amsportsacademy.co.uk)

Bookings for **Sean McInnes Early Morning Clubs** (Cricket, Football, and Tennis) are to be **made direct** through his website: <https://seanmcinnesssportscoaching.com/book-now> If you have any questions please email Sean direct at: [Info@seanmcinnesssportcoaching.com](mailto:Info@seanmcinnesssportcoaching.com)

Bookings for **Mandarin** are to be **made direct** by contacting **Jing You** at: [office.wimbledon@orpingtonchineseschool.co.uk](mailto:office.wimbledon@orpingtonchineseschool.co.uk) or by telephone: 07738696965

### **Piano & Violin Lessons**

Piano and Violin lessons are available during the week on a rotational basis, so that your child will not miss the same school lesson each week. Piano lessons will be taught by Mrs Penny Luyendijk, our Music Teacher, on Tuesday and Thursday afternoons. Violin lessons will be taught by our external peripatetic teacher, Miss Julia Hart on a Wednesday afternoon. Please note that these music lessons are offered for a full academic year, and consequently **a term's notice is required should you wish to withdraw your child.** Children need to have a piano at home on which to practise, and bring in their own violin, their own music books and be prepared to practise at home during the week! **Bookings for violin** are made via email to **Miss Hart** at [mizukijulia@yahoo.co.uk](mailto:mizukijulia@yahoo.co.uk) **Piano and violin lessons are currently fully booked for the Summer Term.** If you would like your child to join the waiting list, please contact [office@rowans.org.uk](mailto:office@rowans.org.uk) The charge will be £25 per lesson.

Music helps children to develop many skills including memory and concentration and this is a wonderful opportunity for the children to extend their learning into the creative arts. We offer various performances for the children throughout the year, including playing in assembly, class concerts and in the music concert. We hope your child is keen to take up this opportunity to learn, or continue, a new skill.

# DESCRIPTION OF CLUBS



## EARLY MORNING CLUBS

<p><b>Sean McInnes Early Morning Football Club</b></p> <p><b>(Monday and/or Wednesday)</b></p> <p><b>Reception, Years 1 &amp; 2</b> <b>(Restricted to 15 children)</b></p>	<p>Sean McInnes Sports Coaching is an independent sports coaching company, with years of experience, dedicated to offering a wide range of multi sports sessions that are suitably challenging and enjoyable to participants. In our Football Club, we work on our shooting and our dribbling, teaching children to use the correct technique from a young age. Every week, we introduce a new trick, which helps develop new combinations and skills. We finish with matches to further develop their skills.</p>
<p><b>Sean McInnes Early Morning Cricket Club</b></p> <p><b>(Tuesday)</b></p> <p><b>Reception, Years 1 &amp; 2</b> <b>(Restricted to 15 children)</b></p>	<p>Sean McInnes Sports Coaching is an independent sports coaching company, with years of experience, dedicated to offering a wide range of multi sports sessions that are suitably challenging and enjoyable to participants. In our Cricket club will give children the opportunity to understand all 3 aspects of the game, learning bowling, batting and fielding. We will achieve this by improving the children's co-ordination, balance and agility while improving their specific techniques for each part of the game of cricket. Smaller individual activities and game play will ensure that they understand the rules of the game and how to play effectively.</p>
<p><b>Philosophy Club</b></p> <p><b>(Wednesday)</b></p> <p><b>Years 1 &amp; 2</b> <b>(Restricted to 14 children)</b></p>	<p>Philosophy Club for young children aims to help children develop a range of basic skills, such as listening, turn-taking, critical thinking and expressing their own thoughts and ideas, using logical and sequential language. In addition, it helps build confidence and self-esteem, instils an innate respect for the views and ideas of others and encourages a zest for learning through independent investigation. During this Club, we will explore 'big questions', play games and develop skills of conversation which will help the children improve their communication with others.</p>
<p><b>Sean McInnes Early Morning Tennis</b></p> <p><b>(Thursday)</b></p> <p><b>Reception, Years 1 &amp; 2</b> <b>(Restricted to 15 children)</b></p>	<p>Sean McInnes Sports Coaching is an independent sports coaching company, with years of experience, dedicated to offering a wide range of multi sports sessions that are suitably challenging and enjoyable to participants. In our Tennis club will give the children an introduction to Tennis, teaching them the techniques of a forehand, backhand, serve and volley. We will focus on the different types of movement in tennis whilst also helping them improve their hand-eye coordination. We will integrate the rules of the game through small activities and also through matches being played at the end of each session.</p>

# AFTER SCHOOL CLUBS

<p><b>AMSA Chess Club</b> (Monday) <b>Reception, Years 1 &amp; 2</b> (Restricted to 15 children)</p>	<p>Our Chess Club is made up of a small group of children of all different abilities. We introduce one by one the gambits of chess, which are made up of Pawns, Castles, Horses, Bishops, Queens and Kings. The children are taught how each gambit can move on the Chess Board and are challenged to play against their peers in friendly competitive matches.</p>
<p><b>Dance Club with Natalie Less</b> (Monday) <b>Reception, Years 1 &amp; 2</b> (Restricted to 15 children)</p>	<p>Dance Club is run by an external teacher (Natalie), but bookings are made directly to the school. Dance Club covers a wide range of dance styles to expose the children to a variety of genres and different types of music and movement, such as Street Dance, Zumba, Pop, Salsa, Hip-Hop. The dance routines will be complemented with fun dance games and activities, which will improve musicality, co-ordination, teamwork and leadership skills as well as making the class enjoyable for all. We give a mini performance at the end of each term, with every child receiving a certificate and prize upon completion.</p>
<p><b>Music Workshop</b> (Monday) <b>Reception, Years 1 &amp; 2</b> (Restricted to 12 children)</p>	<p>This Club will provide an opportunity for children to enjoy the experience of making music together. We will use a variety of percussion instruments and have lots of fun! This Club is especially suited for children who do not yet formally learn an instrument and would like to learn something new, but all are welcome. There will also be performance opportunities to showcase what we have learnt.</p>
<p><b>Homework Club</b> (Monday and/or Thursday) <b>Year 1 &amp; 2 only</b> (Restricted to 15 children)</p>	<p>Homework Club provides your child with the opportunity to work in a focused and quiet environment with some adult guidance. We start by practising spellings and then move on to the work in their books. If the children finish their homework they have time to complete their reading too, and will record this in their reading record. Please note that children will still need to carry out any unfinished reading, times-tables and spellings at home and this is not a 1:1 tuition session.</p>
<p><b>AMSA Multi-Sports Club</b> (Tuesday) <b>Kindergarten only</b> (Restricted to 15 children)</p>	<p>Our Kindergarten Multi Sports Club will focus on the Fundamental Movement Skills during early childhood. Areas such as agility, balance, co-ordination, speed, strength, body awareness and hand-eye or foot-eye will be developed. Children will learn how to move more confidently in and around the environment whilst appreciating the size and shape of the body whilst enabling choice and control. They will also learn how to organise and coordinate the arms and legs and respond to speed, direction and force of movement. This will be achieved through coach led activities, child led activities and learning by repetitive play.</p> <p><b>Playing and Exploring:</b> Children investigate and experience things, and 'have a go'.</p> <p><b>Active Learning:</b> Children concentrate and keep on trying if they encounter difficulties, and enjoy achievements.</p> <p><b>Creating and Thinking Critically:</b> Children have and develop their own ideas, make links between ideas and develop strategies for doing things.</p>

<p><b>Cycling Club</b> (Tuesday) Years 1 &amp; 2</p>	<p>Does your child have a passion for cycling or is still learning to ride their bike? We cater for all abilities. Children learn how to carry out essential safety checks at the start of every session and will get the opportunity to learn vital cycle skills to improve their confidence and control whilst riding. Ideally, the child's own bicycle (no stabilizers) and helmet should be provided (please ensure they are in good working order.) We do have a supply of spare helmets and balance bicycles for less confident riders.</p>
<p><b>Drama and Storytelling Club</b> (Tuesday) Reception, Years 1 &amp; 2 (Restricted to 14 children)</p>	<p>Drama and Storytelling Club is a chance for children to be inspired and use their imagination freely. In this Club, we explore different genres and themes using a range of creative devices including: drama, art, debates and sharing our own experiences with the group. Themes are often chosen to relate to big events or holidays happening at the time, which is great to discuss and explore further. It is a chance for children to grow in confidence, improve their vocabulary, mix with different children within the school and develop a love of reading and performance.</p>
<p><b>Gardening Club</b> (Tuesday) Reception, Years 1 &amp; 2 (Restricted to 12 children)</p>	<p>Having already achieved the Level 4 School Gardening Award from the Royal Horticulture Society, the gardeners of Gardening Club are busily, weeding, sowing and planting their way towards Level 5. In addition, these green-fingered recruits are learning how to share their exciting projects with others in school and with our local community.</p>
<p><b>AMSA Gymnastics Club</b> (Wednesday) Reception, Years 1 &amp; 2 (Restricted to 15 children)</p>	<p>Gymnastics is a sport that requires great flexibility, balance and control. It also provides a unique and valuable social education and experience. It creates an environment where teamwork, sportsmanship, fair play and dedication are required in order to master the fundamental skills to be a successful gymnast. AM Sports Academy gymnastics classes aim to develop balance, co-ordination, gross and fine motor skills, spatial awareness and body control. Our gymnastic classes include areas such as tumbling, vault work, balance beam, and dance.</p>
<p><b>AMSA Football Club</b> (Wednesday) Reception, Years 1 &amp; 2 (Restricted to 15 children)</p>	<p>AM Sports Academy's Football Club aims to improve participants technically by working on control, passing, movement, turning, shooting, attacking, defending and creating space. These are the key attributes which are worked on over a fun and exciting syllabus. The sessions are inclusive for all abilities and we have a real focus on participation and enjoyment. Each session starts with a fun warm up before moving into skills work, which follows the AM Sports Academy syllabus to aid progression, and finishes with small sided matches to give children the opportunity to put their newly learned skills into match situations. There are prizes available every week for the 'Player of the Week'.</p>

<p><b>Mandarin</b> (Wednesday) <b>Reception, Years 1 &amp; 2</b> (Restricted to 15 children)</p>	<p>The Club aims to provide the children with an essential exposure to the Chinese culture through the learning of Chinese language. We create a nurturing, playful and structured learning environment which allows the children to learn through play and educational activities, experimenting, exploring, engaging without any undue pressure. The teachers, who are provided by Orpington Chinese Language School Wimbledon Branch, have all had a wide range of experience teaching Mandarin. Mandarin is used consistently in every class without any translation, and there is a real and practical engagement with the language.</p>
<p><b>AMSA Kwik Cricket</b> (Thursday) <b>Reception, Years 1 &amp; 2</b> (Restricted to 15 children)</p>	<p>Kwik Cricket aims to provide children of all levels of ability and experience with an opportunity to participate and develop skill, knowledge and understanding - this is achieved through a variety of fixed, variable and game based Cricket practices. Players will be challenged to progress key skills such as catching, throwing, bowling and striking skills within small, rewarding maximised participation games. A player centred coaching process is implemented to create player ownership, creativity and imagination, which guides learning and encourages participation and fun.</p>
<p><b>Art Club</b> (Thursday) <b>Reception, Years 1 &amp; 2</b> (Restricted to 14 children)</p>	<p>In Art Club children will learn a variety of skills and techniques. We will be using a range of materials as we work on different projects and we aim to develop self-confidence and promote creativity. Most importantly, we will have fun and use our imagination.</p>
<p><b>Puzzle Club</b> (Thursday) <b>Year 1 only</b> (Restricted to 14 children)</p>	<p>Puzzles are an excellent way for children to develop useful life skills which contribute to overall wellbeing and self-esteem. Activities will include traditional puzzles, such as crosswords and mazes, as well as memory and logic games. In this Club the children will learn to test and apply different strategies in order to solve problems. They will learn patience and resilience during puzzle solving as well as a sense of achievement on completion. Activities will also develop hand-eye coordination, fine motor skills and sometimes gross motor skills. Finally, through working together on puzzles, the children will learn to listen to others and develop communication skills.</p>