



SCHOOL CLUBS FOR AUTUMN TERM 2018  
 BEN RHYDDING PRIMARY SCHOOL  
 Bolling Road, Ben Rhydding, Ilkley LS29 8QH

Tel: 01943 431133  
 Email: [office@benrhydding.bradford.sch.uk](mailto:office@benrhydding.bradford.sch.uk)  
 Web: [www.benrhydding.ngfl.ac.uk](http://www.benrhydding.ngfl.ac.uk)

Monday					
Start time	Finish time	Club	Location	Lead Person	Cost
8.00am	8.40am	<p><b>Wake Up Shake Up - every weekday morning</b></p> <p>Our Wake Up Shake Up programme provides you with a very easy way to introduce daily activity into your school without impacting on your time, as it is all done for you! It engages children of all ages in a fun and lively way and they have a great time! Where it has been taking place regularly over a long and sustained period of time, we have seen an impact in the following areas:-</p> <ul style="list-style-type: none"> <li>• Enjoyment of school life and a sense of well-being.</li> <li>• Improved self-esteem impacting on other curriculum areas: 'success breeds success'</li> <li>• Improved co-ordination (gross motor skills then impacting on fine motor skills)</li> <li>• Improved rhythm and timing</li> <li>• Improved concentration and application to tasks immediately after the session</li> <li>• Increased stamina</li> <li>• Improved behaviour</li> <li>• Improved hydration (children get thirsty and WANT to drink more)</li> </ul>	Main School Hall	Various members of staff will run this	£2 per session PAYG
3.15pm	4.30pm	<p><b>KS2 Multi-sports – Monday 10<sup>th</sup> September until Monday 17<sup>th</sup> December</b></p> <p>Multi-sports is our fantastic opportunity to develop all of our movement, coordination and sports skills. Everyone has huge amounts of fun playing different games each week.</p> <p>Our multi-sport program, a fundamental sports skills program for young children that provides children the opportunity to learn key fundamental sports skills, develop their coordination and motor skills while playing different, age-appropriate activities. All our sports equipment is designed specifically for each different age group, to ensure maximum benefit from our classes.</p>	Main School Hall		£28.00 for 14 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>



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Tuesday					
Start time	Finish time	Club	Location	Lead Person	Cost
8.00am	8.40am	<p><b>Wake Up Shake Up</b></p> <p>Our Wake Up Shake Up programme provides you with a very easy way to introduce daily activity into your school without impacting on your time, as it is all done for you! It engages children of all ages in a fun and lively way and they have a great time! Where it has been taking place regularly over a long and sustained period of time, we have seen an impact in the following areas:-</p> <ul style="list-style-type: none"> <li>● Enjoyment of school life and a sense of well-being.</li> <li>● Improved self-esteem impacting on other curriculum areas: 'success breeds success'</li> <li>● Improved co-ordination (gross motor skills then impacting on fine motor skills)</li> <li>● Improved rhythm and timing</li> <li>● Improved concentration and application to tasks immediately after the session</li> <li>● Increased stamina</li> <li>● Improved behaviour</li> <li>● Improved hydration (children get thirsty and WANT to drink more)</li> </ul>	Main School Hall	Various members of staff will run this	£2 per session PAYG
3.15pm	4.30pm	<p><b>KS2 Girls Netball – Tuesday 4<sup>th</sup> September until Tuesday 18<sup>th</sup> December</b></p> <p>Multi-sports is our fantastic opportunity to develop all of our movement, coordination and sports skills. Everyone has huge amounts of fun playing different games each week.</p> <p>Our multi-sport program, a fundamental sports skills program for young children that provides children the opportunity to learn key fundamental sports skills, develop their coordination and motor skills while playing different, age-appropriate activities. All our sports equipment is designed specifically for each different age group, to ensure maximum benefit from our classes.</p>	Main School Hall/ Outside (weather dependant)		£30.00 for 15 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>



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Wednesday					
Start time	Finish time	Club	Location	Lead Person	Cost
8.00am	8.40am	<p><b>Wake Up Shake Up</b></p> <p>Our Wake Up Shake Up programme provides you with a very easy way to introduce daily activity into your school without impacting on your time, as it is all done for you! It engages children of all ages in a fun and lively way and they have a great time! Where it has been taking place regularly over a long and sustained period of time, we have seen an impact in the following areas:-</p> <ul style="list-style-type: none"> <li>• Enjoyment of school life and a sense of well-being.</li> <li>• Improved self-esteem impacting on other curriculum areas: 'success breeds success'</li> <li>• Improved co-ordination (gross motor skills then impacting on fine motor skills)</li> <li>• Improved rhythm and timing</li> <li>• Improved concentration and application to tasks immediately after the session</li> <li>• Increased stamina</li> <li>• Improved behaviour</li> <li>• Improved hydration (children get thirsty and WANT to drink more)</li> </ul>	Main School Hall	Various members of staff will run this	£2 per session PAYG
12.00pm	12.40pm	<p><b>Dodgeball for Years 3&amp;4 – led by Inspiration Tree - Wednesday 5<sup>th</sup> September until Wednesday 14<sup>th</sup> November</b></p> <p>The Basics</p> <ul style="list-style-type: none"> <li>• Two teams start on opposing sides of a court. Three dodgeballs are lined up on the centre line and players from each team race to retrieve them at the start of the game.</li> <li>• A game then proceeds with both sets of players trying to take the opposition's players out of the game, either by striking them with a ball they have thrown before it bounces, or by catching a ball thrown by an opponent – a successful catch also allows the defending team to regain a player that has previously been taken out of the game.</li> <li>• A game lasts for a maximum of 3 minutes and a team can win a game by eliminating all the opposition players within the 3 minute time period or having more players remaining on their side of the court at the end of 3 minutes.</li> </ul>	Main School Hall	Inspiration Tree	£20.00 for 10 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>



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Thursday					
Start time	Finish time	Club	Location	Lead Person	Cost
8.00am	8.40am	<b>Wake Up Shake Up</b> Our Wake Up Shake Up programme provides you with a very easy way to introduce daily activity into your school without impacting on your time, as it is all done for you! It engages children of all ages in a fun and lively way and they have a great time! Where it has been taking place regularly over a long and sustained period of time, we have seen an impact in the following areas:- <ul style="list-style-type: none"> <li>• Enjoyment of school life and a sense of well-being.</li> <li>• Improved self-esteem impacting on other curriculum areas: 'success breeds success'</li> <li>• Improved co-ordination (gross motor skills then impacting on fine motor skills)</li> <li>• Improved rhythm and timing</li> <li>• Improved concentration and application to tasks immediately after the session</li> <li>• Increased stamina</li> <li>• Improved behaviour</li> <li>• Improved hydration (children get thirsty and WANT to drink more)</li> </ul>	Main School Hall	Various members of staff will run this	£2 per session PAYG
12.00pm	12.40pm	<b>Girls Only Football – KS2 – Thursday 6<sup>th</sup> September until Thursday 15<sup>th</sup> November</b> Girls football sessions take place on a weekly basis, at lunchtime, and provide a safe environment where girls can try football for the first time or increase their skills if they have already played in a team. The initiative aims to inspire participants to engage with football, meet new friends, develop fundamental skills, learn new things and create the foundation for a lifelong love of football.	Main School Hall	Inspiration tree	£28.00 for 10 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>
3.15pm	4.30pm	<b>Lego for Years 3&amp;4 – led by Inspiration Tree - Thursday 6<sup>th</sup> September until Thursday 15<sup>th</sup> November</b> Our after school clubs give children a safe environment in which to design, test and build using LEGO bricks. With our custom designed challenges we use LEGO bricks to develop children's knowledge and skills in areas such as science, technology and engineering through play.  Building with LEGO bricks encourages the development of many skills: <ul style="list-style-type: none"> <li>• Creativity, Problem Solving, 3D thinking, Teamwork, Critical and Lateral Thinking, Understanding of concepts such as size, shape, order and pattern, Improved Concentration.</li> </ul>	Classroom based	Inspiration Tree	£40.00 for 10 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>
3.15pm	4.30pm	<b>Journalism Club for KS2 - Thursday 6<sup>th</sup> September until Thursday 13<sup>th</sup> December (Limited spaces)</b> Students from key stage 2 will have the freedom to express themselves in a manner that is respectful, thoughtful and accepted. The journalism club can give those outspoken individuals a voice that is done in a way that brings credibility to the write as well as a school. It is the voice of the school that will provide parents with exiting news and goings on in the school.  The children will benefit from: <ul style="list-style-type: none"> <li>• Writing as a skill in their own style, working in a team to produce exciting and inspiring stories, editing creative work, learning new photography skills, producing a newspaper that everyone is going to want to read.</li> </ul>	Main School Hall	Various members of staff will run this	£28.00 for 14 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>



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Friday					
Start time	Finish time	Club	Location	Lead Person	Cost
8.00am	8.40am	<p><b>Wake Up Shake Up</b></p> <p>Our Wake Up Shake Up programme provides you with a very easy way to introduce daily activity into your school without impacting on your time, as it is all done for you! It engages children of all ages in a fun and lively way and they have a great time! Where it has been taking place regularly over a long and sustained period of time, we have seen an impact in the following areas:-</p> <ul style="list-style-type: none"> <li>• Enjoyment of school life and a sense of well-being.</li> <li>• Improved self-esteem impacting on other curriculum areas: 'success breeds success'</li> <li>• Improved co-ordination (gross motor skills then impacting on fine motor skills)</li> <li>• Improved rhythm and timing</li> <li>• Improved concentration and application to tasks immediately after the session</li> <li>• Increased stamina</li> <li>• Improved behaviour</li> <li>• Improved hydration (children get thirsty and WANT to drink more)</li> </ul>	Main School Hall	Various members of staff will run this	£2 per session PAYG
12.00pm	12.40pm	<p><b>Dodgeball for Years 5&amp;6 – led by Inspiration Tree - Friday 7<sup>th</sup> September until Friday 16<sup>th</sup> November</b></p> <p>The Basics</p> <ul style="list-style-type: none"> <li>• Two teams start on opposing sides of a court. Three dodgeballs are lined up on the centre line and players from each team race to retrieve them at the start of the game.</li> <li>• A game then proceeds with both sets of players trying to take the opposition's players out of the game, either by striking them with a ball they have thrown before it bounces, or by catching a ball thrown by an opponent – a successful catch also allows the defending team to regain a player that has previously been taken out of the game.</li> <li>• A game lasts for a maximum of 3 minutes and a team can win a game by eliminating all the opposition players within the 3 minute time period or having more players remaining on their side of the court at the end of 3 minutes.</li> </ul>	Main School Hall	Inspiration Tree	£20.00 for 10 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>
3.15pm	4.30pm	<p><b>Football for Years 1&amp;2 – led by Inspiration Tree - Friday 7<sup>th</sup> September until Friday 16<sup>th</sup> November</b></p> <p>The Football philosophy is skills focused allowing the children to use their mini and micro motor skills. This children will create and enhance their skill development and learn how to increase their football game. A great team game for the girls and boys in KS1.</p>	Main School Hall/ school field (weather dependant)	Inspiration Tree	£40.00 for 10 weeks (works out at £2 per session) Pay via <a href="http://www.parentpay.com">www.parentpay.com</a>