Upton Junior School



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Further Information regarding the Sports Clubs that are available for Terms 1 & 2, please read with your child and make sure they understand what the club involves before you sign them up.

Biathlon:

The After School Biathlon Swim Club is a great way for children in Years 4 - 6 to stay fit, have fun, and advance their swimming skills to complete at a Biathlon event if they wish to! The club will help children improve stamina, technique, and water safety. Children must be able to swim 50m (2 lengths of Upton swimming pool) in order to take part in this club. You will need tight swim shorts/one piece costume, swim hat, towel and goggles.

Handball:

Come join our Awesome After School Handball Club, where children can have FUN and develop their handball skills! Our club teaches handball basics and advanced strategies, from ball control and shooting accuracy, to effective passing and defensive positioning. If children partake in this club, there is a possibility of them representing Upton at a competition (ONLY FOR UPPER SCHOOL). You will need to wear your PE Kit and trainers to take part in this club.

Speed stacking:

Our NEW Speed Stacking Club will be an exciting way for them to develop their motor skills in a fun environment. Through the club, children will be able to learn the stacking techniques, formations, and strategies they need to become skilled at the sport. They will also experience the joy of winning and the camaraderie of competing with their friends. Every session will be filled with rewarding challenges and exhilarating speed stacking games. Sign up now and have your child be part of our exciting and engaging after school club! If children partake in this club, there is a possibility of them representing Upton at a competition. For this club you can stay in your school uniform or PE kit if it is your PE day.

Athletics:

Welcome to our After School Athletics Club! The club focuses on having FUN while teaching children the necessary skills to develop a lifelong appreciation for physical activity and sports. Through activities such as track and field events, running, jumping, throwing and obstacle courses, we foster the development of agility, strength, and coordination in a fun and positive environment. If children partake in this club, there is a possibility of them representing Upton at a competition. You will need to wear your PE Kit and trainers to take part in this club.





Football:

Come and join our football club! Our club is a great way for children to have fun, develop key football skills and keep fit. Through games, themed activities and skill-based drills, children can improve their technique while having fun with their friends. If children partake in this club, there is a possibility of them representing Upton at competitions. You will need football boots and shinpads and to be wearing your PE Kit (NOT Football kits)

Lacrosse:

Would you like to join our NEW Lacrosse Club? The club will incorporate a fun and supportive environment for children to develop their lacrosse skills. Each week we will provide an engaging session that will help children to learn the fundamentals of the game and refine their skills in this unique sport. We'll also focus on developing teamwork and having fun in the process! You will need to wear your PE Kit and trainers to take part in this club.

Playground/team building:

Our after-school playground games and teambuilding club is designed to provide children with a fun and constructive environment in which to learn important social and teamwork skills. We offer a range of fun group activities, games and challenges that help to build teamwork and communication skills, develop their creativity, and enhance their problem-solving abilities. Whether they're playing tag, navigating an obstacle course, or solving tricky task, children get to have fun and learn interpersonal skills! You will need to wear your PE Kit and trainers to take part in this club.

Basketball:

Our school after school basketball club is the perfect place for children to have fun and grow their skills! each week we will develop children's attacking and defensive skills, passing, dribbling, encourage teamwork and leadership while having fun! If children partake in this club, there is a possibility of them representing Upton at a competition. You will need to wear your PE Kit and trainers to take part in this club.

IF YOUR CHILD **DOES NOT** HAVE THE CORRECT KIT TO TAKE PART IN THE CLUB, YOU WILL RECEIVE A PHONE CALL HOME TO COME AND COLLECT THEM.

