

Planning courses

Instruction

You are a busy working parent and would like to take your two children, Jane (aged seven years) and Henry (aged nine years), on sports courses. Jane is interested in trampolining, but has never done it before. Henry is a good swimmer and diver but would like to improve his diving. All the sports facilities are within 5 minutes' walk of each other. The children say that they are quite happy to sit and watch each other carry out their events as long as you buy them a comic and some sweets. You would prefer to carry out both activities on the same day.

- On which course would you enrol Jane?
- On which course would you enrol Henry?

DIVING

We offer a comprehensive diving award scheme which is structured to develop good basic diving techniques, teach children how to use the springboards and diving platforms safely and effectively.

| Day | Time | Age | Level |
|-------------------|---------------|--------|-----------|
| CENTRAL POOL TUES | 4.00–4.30pm | 6+ yrs | Beginners |
| | 4.30–5.00pm | 6+ yrs | Beginners |
| | 5.00–5.30pm | 6+ yrs | Improvers |
| | 5.30–6.00pm | 6+ yrs | Improvers |
| WED | 6.15–6.50pm | 8+ yrs | Begs/Imps |
| | 6.50–7.25pm | 8+ yrs | Improvers |
| | 7.25–8.00pm | 8+ yrs | Beginners |
| | 8.00–8.30pm | 8+ yrs | Beginners |
| FRI | 4.30–5.00pm | 8+ yrs | Beginners |
| | 5.00–5.30pm | 8+ yrs | Beginners |
| | 5.30–6.00pm | 6+ yrs | Beginners |
| | 6.00–6.30pm | 6+ yrs | Improvers |
| SAT | 6.30–7.00pm | 6+ yrs | Beginners |
| | 8.30–9.00am | 8+ yrs | Begs/Imps |
| | 9.00–9.30am | 8+ yrs | Improvers |
| | 9.35–10.10am | 8+ yrs | Begs/Imps |
| | 10.10–10.45am | 8+ yrs | Beginners |

TENNIS

Our coach will help children develop basic forehand, backhand and serving skills, progressing towards match play skills and tactics.

| Day | Time | Age | Level |
|-----------------|---------------|----------|-----------|
| PALMER PARK SAT | 9.30–10.30am | 8–15 yrs | Beginners |
| SAT | 10.30–11.30am | 8–15 yrs | Improvers |

BADMINTON

Our badminton coaching scheme caters for all abilities of junior badminton player. Children can work towards badges and certificates from the ESBA scheme.

| Day | Time | Age | Level |
|-------------|-------------|--------|-----------|
| MEADWAY MON | 5.00–6.00pm | 6+ yrs | Begs/Imps |
| | 6.00–7.00pm | 6+ yrs | Improvers |
| | 7.00–8.00pm | 6+ yrs | Advanced |

TRAMPOLINING

The RSL trampoline programme teaches children the basic bounces at beginner level and gradually develops these into more complex moves, twists & somersaults as children progress through the scheme.

| Day | Time | Age | Level |
|---------------|--------------------|-------------|---------------|
| MEADWAY THURS | 5.00–6.00pm | 5–8 yrs | Beginners |
| | 6.00–7.00pm | 9+ yrs | Beginners |
| | 7.00–8.00pm | Senior | Advanced |
| SAT | 10.00–11.00am | 5–8 yrs | Beginners |
| | 11.00–12noon | 9–12 yrs | Begs/Imps |
| | 12.00–1.00pm | 13+ yrs | Begs/Imps |
| | SOUTH READING TUES | 5.30–6.30pm | 6+ yrs |
| | 6.30–7.30pm | 8+ yrs | Improvers |
| | 7.30–8.30pm | 8+ yrs | Mixed Ability |
| FRI | 4.00–4.45pm | 5–8 yrs | Beginners |
| | 4.45–5.30pm | 5–8 yrs | Beginners |
| | 5.30–6.30pm | 5–8 yrs | Improvers |

What strategies did you use to complete the task?

How did you find this exercise? Easy OK Hard What strategies did you use?