



# Northborough Primary School

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29/03/2024

## 2024 SUMMER 1 CLUB BOOKING

Club booking opens at 10am on **SATURDAY 30th March** and closes at 5pm on **SATURDAY 13th April**.

**If your child has already taken up their one FREE YDP club for the year, please ensure payment is sent to YDP for your child's attendance.**

If you have NOT already taken advantage of the one **FREE YDP sports club this academic year** offer, please do so during Summer 1. Children will be able to attend a sports club of their choice for six consecutive weeks (1 half term), at no cost to parents and carers.

Your child's **first** YDP club booking will be logged as their FREE entitlement. All YDP sports sessions booked after this must be paid for in full using the payment information provided overleaf.

Club places are available on a first come, first served basis.

**YDP Athletics:** Children will focus on developing their technical understanding of athletic activity. They will learn how to set targets and improve their performance in a range of running, jumping and throwing activities. As in all athletics activities, children think about how to achieve the greatest height, speed, distance or accuracy.

**YDP Golf:** Foot golf, disc golf and tennis golf is a dynamic sport that combines elements of golf using a mix of equipment. Instead of using clubs and balls, players navigate a course using a ball, disc or tennis ball to complete each hole. These "holes" are metal baskets strategically placed throughout the course, presenting players with a unique challenge of accuracy and distance.

**YDP Football:** Children will need to wear a football kit, shin pads and moulded football boots (not spikes or AstroTurf boots). Children play in all weathers so suitable layers are advised, this is especially important as we move into the winter months. **Children will be expected to change themselves and coaches will assist with shin pads and laces only. It is worth having a practice at home.**

**YDP Yoga:** Yoga promotes the development of the vestibular system, by gentle stretching and moves it develops a strong flexible body, trains core muscles which is essential for correct physical alignment and good posture. For the mind it calms us and brings us to the present moment, increases concentration, focus and attention span, promotes creative thinking. For the spirit it builds confidence and self-esteem, supports character development and emotional intelligence, enhances team spirit and social interaction.

**Cookery:** Children will need a sealable container and apron to attend this club – both will be needed every week. **This term children will make: Pizza, sausage plait, carrot cake, fruit bread, cheese swirls & chocolate cake.** Mrs Sallis will do her best to substitute ingredients to accommodate dietary requirements such as gluten free and vegetarian choices however this may not always be possible.

**Country Dancing:** Country dancing is a very structured activity which develops spacial awareness, self-control, self-discipline and teamwork. A country dance involves a repeated sequence of figures, carefully choreographed to fit a specific length of music. It's performed by a group of people, usually in couples, and can take place in one or more sets. **Children should only attend this club if they can commit to being available to attend the Country Dancing Festival being held at The Peterborough School on Thursday 6th June 6-7pm - more information to follow.**

**PE kit is acceptable for all sports clubs.  
Children can wear football club kits to football if they wish.**

**Clubs run from 3.30 – 4.30pm unless otherwise stated.**

Day	Club	Dates	Payment	Year
<b>Monday</b>	<b>YDP Athletics</b> with Coach Tom (24 spaces)	Commencing 15/04/24 Last session 20/05/24 <b>5-weeks</b> <b>BANK HOLIDAY 06/05</b>	<b>£20</b> Payment to YDP Acc: 29124484 Sort: 54-21-38	1 - 6
	<b>Lego Club</b> with Mrs Weightman (12 spaces)	Commencing 15/04/24 Last session 20/05/24 <b>5-weeks</b> <b>BANK HOLIDAY 06/05</b>	<b>FREE</b>	1 & 2
<b>Tuesday</b>	<b>YDP Golf</b> with Coach Tom (24 spaces)	Commencing 16/04/24 Last session 21/05/24 <b>6-weeks</b>	<b>£24</b> Payment to YDP Acc: 29124484 Sort: 54-21-38	3 - 6
	<b>Cookery</b> with Mrs Sallis (15 spaces)	Commencing 16/04/24 Last session 21/05/24 <b>6-weeks</b>	<b>£30</b> Payment to Julie Sallis Acc: 21052061 Sort: 11-64-32	1 - 6
<b>Wednesday</b>	<b>YDP Football</b> with Coach Tom & AMVC sports volunteers (40 spaces)	Commencing 17/04/24 Last session 22/05/24 <b>6-weeks</b>	<b>£24</b> Payment to YDP Acc: 29124484 Sort: 54-21-38	1 - 6
	<b>Cookery</b> with Mrs Sallis (15 spaces)	Commencing 17/04/24 Last session 22/05/24 <b>6-weeks</b>	<b>£30</b> Payment to Julie Sallis Acc: 21052061 Sort: 11-64-32	1 - 6
<b>Thursday</b>	<b>YDP Yoga</b> with Coach Tom (24 spaces)	Commencing 18/04/24 Last session 23/05/24 <b>6-weeks</b>	<b>£24</b> Payment to YDP Acc: 29124484 Sort: 54-21-38	1 - 6
	<b>Country Dancing</b> with Mrs Young (20 spaces)	<b>Thursday lunchtime 12.25-1pm</b> Commencing 18/04/24 Last session 23/05/24	<b>FREE</b>	1 - 6

Click here to book: [Northborough Primary School -  
online club booking \(northboroughschool.co.uk\)](http://northboroughschool.co.uk)