

BEFORE & AFTER SCHOOL · GRADES 1–5

After-School Sports Club

Six weeks, six sports

Setup

60-minute sessions. 10-minute warm-up, 15-minute skill drill, 25-minute game, 10-minute cool-down + reflection. Most sports below are covered in detail in the Sports section — combine them into a 6-week rotation that keeps interest high.

6-week plan

Week	Sport	Equipment needed
1	Football	Footballs, cones, bibs
2	Basketball	Basketballs, hoops or wall targets
3	Dodgeball	Soft foam balls (8), bibs
4	Athletics	Stopwatch, measuring tape, batons
5	Tag rugby / fitness games	Bibs or tag belts, cones
6	Mini-Olympics — combine all	Mix of all above

Universal session structure

- Greeting + count children + ask if anyone's injured
- 10-min warm-up — jog and dynamic stretches
- 15-min skill drill — see the relevant lesson plan in /sports/
- 25-min small-sided game



■ 10-min cool-down — gentle walk, stretches,
what went well today

■ End-of-club routine — line up, water bottles,
thank you

