

**It's active.  
It's inclusive. It's fun.**

The exciting Premier Sport programme to **INSPIRE** your youngsters – all the way through their education.

Yes, we're here to help get your children active. You'll see your children get involved, get inspired and really raise their game. We meet some pretty high standards for ourselves too. Every week we have over 500 trusted sports coaches and instructors working in around 2000 schools.

As part of the curriculum and outside school hours we're here. Here to **INSPIRE**.

**Don't Worry!** All our coaches are DBS (CRB) checked with Safeguarding and Emergency Aid certification.

Choose your course:

**Premier Sport School Clubs At St Mary's**

**Tuesday 0745-0830 Fencing**

**Thursday 0745-0830 Football**

**£3 Per Session**

**Monday 1515-1615 Hockey**

**Thursday 1515-1615 Tag-Rugby**

**SPECIAL OFFER £3 Per Session**

Book Online at [www.premiersport.org](http://www.premiersport.org)

Any Queries Call Stuart 07855861247



When they're 4 to 11 we're here to  
**Inspire to Achieve**

They'll love the activities in our four step programme...

#### **SPORT Active**

These are the sessions where they find their level and learn the techniques to follow their dream. If they're serious about sport, developing their talent begins here.

#### **START Active**

A stimulating 60 minutes of activity before the school day starts is fantastic for engaging the mind, improving coordination and preparing for the class room.

#### **STAY Active**

30 to 45 minutes of structured physical activity during lunch breaks keeps their energy levels up and their boredom thresholds down.

#### **PLAY Active**

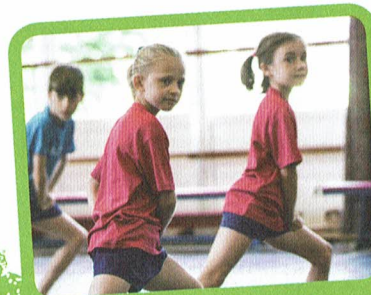
Less than competitive but more than fun these, any time of day, sessions are brilliant for the not quite so sporty to get active and be involved.

...and you'll love seeing them be inspired

**Inspire to Achieve** is a ground-breaking programme designed to engage all four to eleven year olds. Don't worry if your children are not particularly sporty. Every child is welcome and you'll see that as an integral part of their education, sport and PE brings huge extra benefits

- **Social skills** are improved
- **Involvement** is encouraged and enhanced
- **Success** is seen as wider than just winning or losing
- **Future stars** can be spotted early and encouraged from the start

Take the first step! Just turn the page to find out how to book your superstar onto an Inspire to Achieve course at their school.



"I've known Premier Sport for a long time. They're very passionate about getting children playing all sorts of sports, which is a very exciting initiative and one that I'm fully committed to putting my name behind"

Lawrence Dallaglio OBE,  
England Rugby Union Legend and  
Premier Sport Ambassador

