



PERSONAL DEVELOPMENT

Sports Skills and Development

In partnership with GOALS.

Mondays

GOALS at AT7 Centre

**Students will register in the Stars Classroom*

GOALS
ACCEPT NO SUBSTITUTES

North Star School has partnered with GOALS Coventry to offer a 6-week programme that enables students to develop and improve their skills across a variety of sports.

The programme combines both practical and theory-based learning to improve a students skills in football, rugby, tennis, and dodgeball, as well as learning about anatomy and physiology, health, fitness and nutrition and working in football and sport.

goalsfootball.co.uk
northstarschool.co.uk

09:30am - 10:45am

Theory work
(Classroom based)
-15min break-

11:00am - 12:00pm

Practical lesson
(ProTurf pitches)

6-week programme

09:30am - 12:00pm

New cohort each half term

12 students per cohort

