




Moss Hall Infant and Junior Clubs (Foundation Sports)

Foundation Sports who deliver our clubs specifically design the coaching sessions for children of all ages and levels of ability. Their fresh, entertaining and informative clubs offer a range of progressive practices to help children develop.

To register your interest for these clubs, please email –mfclubs@mosshalljnr.barnetmail.net

Please add your child's full name, class and which club you would like to register your child for. Once the closing date closes, a payment request will be sent to you via School Ping.

	<p>Year 1 & 2 Football</p> <p>What more can we say!</p> <p>A popular and favourite sport for boys and girls.</p>
	<p>Multisports – (All Infant children)</p> <p>Come along to Multi-Sports and get to enjoy a wide range of sports and physical activities.</p> <ul style="list-style-type: none"> • Netball • Football • Hockey • Basketball • Rugby • Dodgeball • Volleyball • Team Games
	<p>Boxercise (JUNIORS)</p> <p>Our 45minute sessions are designed to challenge participants in learning a range of different skills and movements that are challenging – whilst remaining fun and enjoyable. There are many benefits of exercise, such as: The promotion of physical fitness, Strength and flexibility, Awareness, Discipline and most importantly it is FUN! Pupils will start the session with various fun warm up activities. They will then work with a partner to complete a weekly challenge such as skipping, pad work, agility ladders, core work and more Pupils will then complete a circuit full of different exercises that is designed specifically for children. During each session pupils will be advised on how to make healthy nutritional choices!</p>