



*Football*

## Rationale

Our students will receive high quality football coaching in a safe and enjoyable manner delivered by our BSG staff.

To create an environment where our students can develop their football skills, game play and teamwork.

Providing our students with a lifelong skill and love for football.

## Dates

Tuesday (9-week Programme)	
September	17, 24
October	8, 15, 22, 29
November	5, 12, 19

Thursday (9-week Programme)	
September	19, 26
October	10, 17, 24, 31
November	7, 14, 21

## Lead teacher

**Christopher Stewart**

[christopher.stewart@bsg.org.cn](mailto:christopher.stewart@bsg.org.cn)

## Price

**170 RMB per session**

**(Total: 1,530 RMB)**

**Location – Secondary Field**





*Swimming*

# ACADEMY

## Rationale

Our students will receive high quality swimming teaching in a safe and enjoyable manner delivered by our BSG staff.

To create an environment where our students can develop their swimming confidence, skills and stroke enhancement.

Providing our students with a lifelong skill and love for swimming and water safety.

## Dates

Tuesday (9-week Programme)	
September	17, 24
October	8, 15, 22, 29
November	5, 12, 19

Thursday (9-week Programme)	
September	19, 26
October	10, 17, 24, 31
November	7, 14, 21



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OF GUANGZHOU

A NORD ANGLIA EDUCATION SCHOOL

**Lead Teacher – Denica Howell**

Email – [denica.howell@bsg.org.cn](mailto:denica.howell@bsg.org.cn)

## Swimming Academy Plus Price

170 RMB per session

(Total: 1,530 RMB)

## Timings, Age Groups And Location

Tuesday Swimming Academy			
Location	Time	Category and Age Group	BSG Teacher
Pool	16:00 – 17:00	Development – Years 2-6	Roslyn McConnell & Denica Howell

Thursday Swimming Academy			
Location	Time	Category and Age Group	BSG Teacher
Pool	16:00 – 17:00	Learn to Swim — Reception - Year 1	Roslyn McConnell & Denica Howell



## Learn to Swim

Children are taught to submerge, float and swim with assistance to increase water confidence and to become “water safe”.

Confidence in the water is achieved swimming short distances (5-10 metres) with and without aids. Teaching efficient kicks in all strokes, perfect body position and balance in the water. Swimmers will gradually build up to being competent to swim 25m on their front and back unaided.

## Development

Swimmers must be competent and confident at swimming 25 meters freestyle or backstroke unaided. Swimmers in this stage will be working on full stroke techniques for every stroke (both arms and legs). The drills and practices will increase in difficulty and gradually the distance the swimmers achieve within each session will be increased as the term progresses. Swimming terminology will be introduced and swimmers will begin the basics of IM swimming, starts, turns, and diving.





*Badminton*



# ACADEMY

# Badminton

## Time

3pm -5:30pm every Friday

Friday (8-week Programme)	
September	20, 27
October	11, 18, 25
November	1, 8, 22

## Age group

Yr 5 – Yr 13

## Location

Sports Hall

Teacher – Miss Tracy

[Tracy.liao@bsg.org.cn](mailto:Tracy.liao@bsg.org.cn)

Cost: 60 RMB per session

(Total: 480 RMB)



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*Rugby*

# ACADEMY

# Rugby

8-Week Friday Programme	
September	20, 27
October	11, 18, 25
November	1, 8, 22

## Time

3:30pm -5pm

## Age group

Yr 4 – Yr 13

## Location

Secondary Sports Field

Coaches – Mr Cox & Mr Cuming

To register, please contact

[matthew.cox@bsg.org.cn](mailto:matthew.cox@bsg.org.cn)

Cost: 60 RMB per session

(Total: 480 RMB)



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*Games Skills*

## Rationale

Our young students will receive high quality Games Skills coaching in a safe and enjoyable manner delivered by our BSG staff.

To create an environment where our younger students can develop their fundamental movement skills through a range of activities (throwing, catching, kicking etc). Providing our younger students with lifelong skills and love for being active.

Wednesday (9-week Programme)	
September	18, 25
October	9, 16, 23, 30
November	6, 13, 20

Wednesday Games Skills Academy			
Location	Time	Age Group	BSG Teacher
South Park sports area	15:00 – 16:00	Reception + Yr 1	Tracy Liao + Yuki Xu

*\*Numbers in each class will be limited\**

To register, please contact  
[yuki.xu@bsg.org.cn](mailto:yuki.xu@bsg.org.cn)

Cost:  
 170 RMB per session  
 (Total: 1,530 RMB)

