



Off The Wall Squash Primary School Programme

The ethos behind our Community Interest Company is that we are '**passionate about developing squash**'. One specific area has been a main priority from the start and that is junior development work. Introducing squash into your PE Curriculum would not only give more young children the opportunity to learn a new sport, it would also have benefits to their general health and fitness.

The **SQUASH SKOOL** Primary School Programme teaches important coordination and team work skills whilst providing a seamless link into regular extra curricular activity via a clear and structured process.

“ The programme has been growing & evolving since the start of the OTWS Academy in Colchester. Over the course of one year nearly 1000 children were introduced to squash & 150 children competed in the inter-school Roman Cup competition. This programme has filtered straight into our Colchester Academy. The number of junior attendees has increased to over 100 with the large majority from local primary schools. Many of these children are now playing for Essex & some even the East of England. ”

Lauren Selby - OTWS Director of Coaching

How does the 6 Week **SQUASH SKOOL** Programme work?

Our **Off The Wall Squash** Coaches have delivered many sessions in local primary schools and we feel the formula works well. The feedback we've received from the schools has been positive, but we are always working hard to improve and develop the current programme which is outlined as follows:

- 1 session per week over a 6 week course (1 hour or 45 mins per session).
- 5 weeks in the school hall, the final week the children visit the local squash courts.
- It can cater for any year group from 1-6.
- Specialist squash equipment provided by Off The Wall Squash CIC.
- Two qualified coaches are present at each session depending on class size.
- All coaches are qualified, fully insured and have up to date DBS certificates.
- Over the 6 weeks children will learn basic hand-eye co-ordination skills, spatial awareness, racket skills, movement, balance, match play and refereeing.
- Activities are intended to be fully inclusive for children of all abilities.
- Certificates are available for the school/coach to print and present to all children at the end of the 6th week.

Coaches: We always supply 1 Head & 1 Assistant coach *(England Squash qualified with DBS checks.)*

Costs: Contact us for pricing, please note, cost includes court fees on 6th wk, but you must supply your own transport to the Garrison.

Other: We can also run After School Clubs and Inter-School Competitions.

For more information, please contact:
e: admin@offthewallsquash.co.uk **t:** 01206 738735 **w:** offthewallsquash.co.uk