



IMPROVING CHILDREN'S MENTAL HEALTH THROUGH SPORT



## AFTER-SCHOOL SPORTS CLUBS

TO FIND OUT WHICH SPORTS YOUR CHILD'S SCHOOL IS OFFERING, FOR MORE INFORMATION AND TO BOOK, PLEASE VISIT:

<https://the-sports-project.class4kids.co.uk>

TAG RUGBY  
CHEERLEADING  
ATHLETICS  
FUTSAL  
DODGEBALL

AND MANY MORE!

THINK BETTER.  
FEEL BETTER.  
BE BETTER.



Dear Parent/Carer,

As non-profit community interest company, we genuinely place the child at the heart of everything that we do. The Sports Project is truly child-centred. Combining my professional experience of high-level player and community development and personal experience of long-term mental health issues, all our staff develop the child's skills and understanding of a sport, while supporting their overall social and emotional learning.

### Sports Development

Our specific Sports Leads design a sequential, active, focused, and explicit curriculum to ensure maximum engagement, participation, and development. We aim to exceed the expectations of children for the sport at their age. We do this by empowering the children to have agency of their own development, through collaborative and experiential learning. This means that they have ownership of what they learn and how they learn it.

### Social-emotional learning

Following the needs of the child, our Child Development Mentors provide opportunities for the child to develop key competencies in self-awareness, self-management, social awareness, relationship skills and responsible decision-making. For example, we create a positive and empathetic environment that encourages independence, responsibility and problem-solving. These skills and awarenesses are vital in child development, preparing the child for a happy and successful life.

### Free Taster

To offer this wonderful opportunity to as many children as possible, upon request of the school, we delivered a free sports taster for every class today. Now we are giving you, the parent/carer, the opportunity for your child to do more. So please ask them how much they enjoyed today, what they learnt and if they would like to do more.

Feel free to contact me with any questions. We look forward to supporting and developing your child.

Best wishes,

Mark 'Coach' Tyrrell  
Founder & Coaching Director

t 0117 401 4536  
e [mark.tyrrell@thesportsproject.org](mailto:mark.tyrrell@thesportsproject.org)  
w [www.thesportsproject.org](http://www.thesportsproject.org)

