



Sport In Mind



For children
born between
September 2019
and August
2021

Baby Boost

At Sport in Mind we are excited to be delivering physical play sessions in Reading for the Baby Boost programme in partnership with Brighter Futures for Children.

We will use a range of fun activities including football, games and movement and dance to offer children attending a positive introduction to sport and physical activity with specialist coaches who are passionate and enthusiastic about what they do.

Sessions outside run rain or shine and all sessions help to develop gross motor skills, cognitive and social development



Rugby

Our rugby sessions teach the basic components of fitness such as balance, co-ordination, speed and strength in a fun and engaging way. Children will take part in a variety of creative rugby-based games and activities for an ideal introduction to the sport.



Yoga, dance and movement

Many of the adult yoga poses emulate what a toddler naturally does! Going through a variety of yoga poses helps children learn about their bodies and enhance the movements they're capable of doing. Dance and movement strengthen children's muscles and bones. It's also good for their confidence, as they test their abilities and discover that they can climb higher, run faster and jump further all the time.



Multi-Sport

Our multi-sports sessions are jam packed with a range of sports and activities to get children active in fun and creative ways. The sessions are all planned to suit the diversity of abilities and ultimately aimed at ensuring that every child can learn, grow and flourish.



Football

Fun, active football sessions where children will be able to play outside and burn off lots of energy! We will use creative games and activities which are interwoven with basic football skills to engage the children in the sessions.



BabyBoost

For lockdown babies

"The sessions have been really good, I was so anxious getting out the house with my son and baby but it was great to spend that time with him interacting with others. Really lovely set up and lovely to meet some other mums."

Sessions start again from 11th September

Day	Time	Activity	Venue
Monday	9.30 - 10.15am	Multi-Sport	Cintra Park
Tuesday	9.30 - 10.15am	Football	Prospect Park Football Court
Tuesday	11 - 11.45am	Multi-Sport	Christchurch Meadows
Wednesday	12.45am - 1.30pm	Yoga, dance and movement	Southcote Children's Centre
Wednesday	2.30 - 3.15pm	Yoga, dance and movement	Ranikhet Children's Centre
Thursday	11 - 11.45am	Multi-Sport	Battle Library
Friday	9.30 - 10.15am	Rugby	South Reading LC Tennis Court
Friday	11 - 11.45am	Football	Palmer Park 3G Pitch