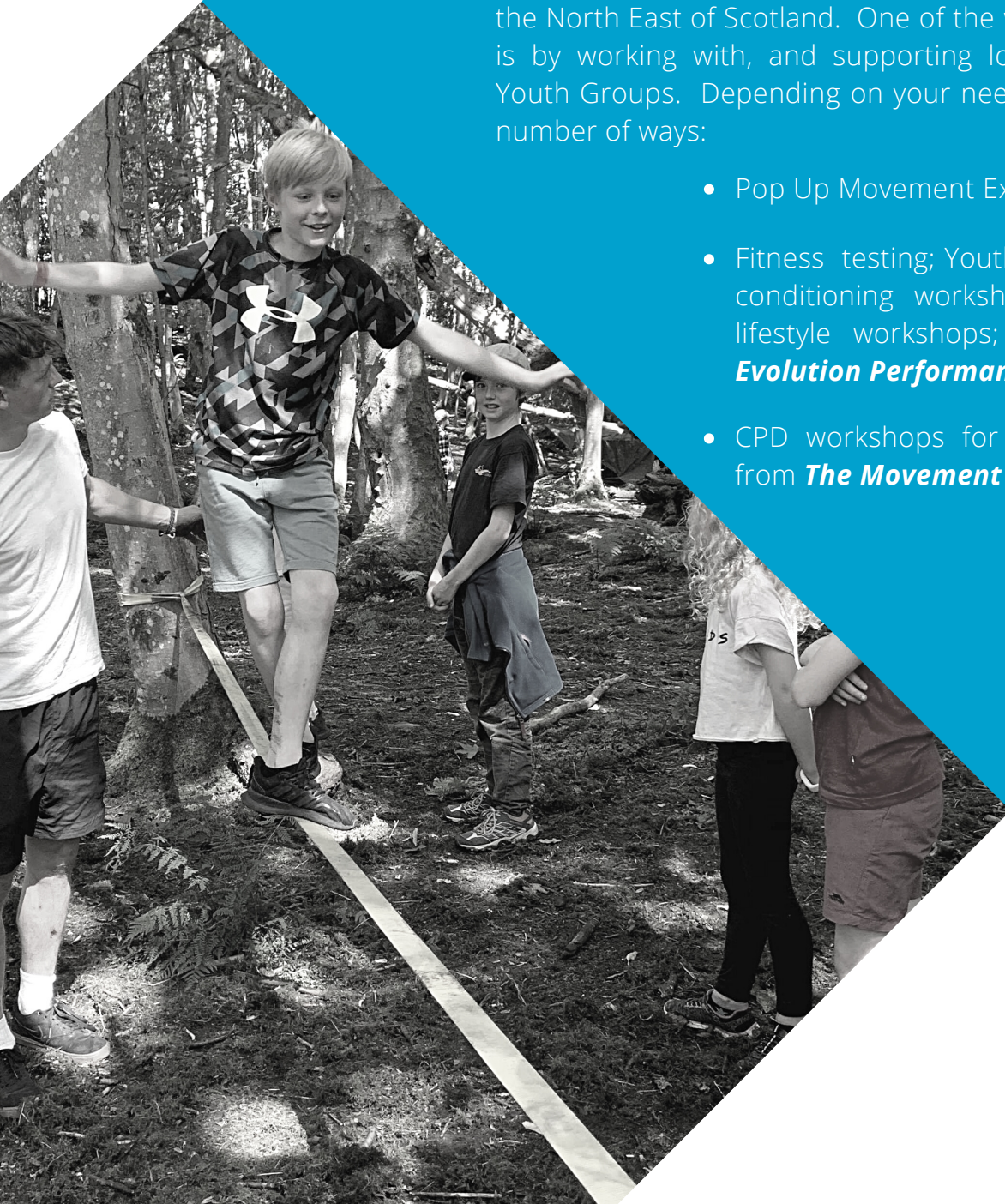


SPORTS CLUBS & YOUTH GROUPS

SUMMER 2021

Movement Evolution Scotland CIC aims to improve the levels of physical literacy and fundamental movement skills across the North East of Scotland. One of the ways we aim to do this is by working with, and supporting local Sports Clubs and Youth Groups. Depending on your needs we can do this in a number of ways:

- Pop Up Movement Experiences & Activities;
- Fitness testing; Youth specific strength and conditioning workshops; and Performance lifestyle workshops; all from ***Movement Evolution Performance***;
- CPD workshops for coaches and leaders from ***The Movement Evolution Academy***.



POP UP MOVEMENT EXPERIENCES AND ACTIVITIES

Our Pop Up Movement Experiences and Activities can be a fun way to challenge FUNdamental Movements and Athletic Skills crucial to help youngsters become fit for their future whatever that might be. Depending on your requirements including: your objectives; the number participating; the amount of time available and your budget; our sessions can be bolted together to create a whole day of activity. We would recommend discussing your requirements with one of our team to give you the best possible experience for your participants.

TOUGH MONKEES OBSTACLE COURSE

The Tough Monkees Obstacle Course features a minimum of 10 of the Tough Monkees obstacles. Tough Monkees obstacles include: Ninja Steps; Climbing Walls; Monkey Bars; Balance Beams; See Saw; Hanging Tyres; Commando Parallel Bars; Wobbly Bridge; Bouncers; The Balls; Scramble Net; The Box; Tyres; and the 3D Spider Web.

During the session participants will spend time practicing each obstacle and developing skills to best take on the obstacles through movement games and activities, before taking on the complete obstacle course!

TOUGH TRAIL BLAZERS

The Tough Trail Blazers session is for those in Primary 7 and above. It takes some of the components from the Tough Monkees Obstacle Course and ramps it up a notch. Perfect for developing athletic skills.

Maximum participants in these sessions:

Primary 4 and under: 15 participants Primary 5 and older: 18 participants

60 minute session - £100 90 minute session - £150



POP UP MOVEMENT EXPERIENCES AND ACTIVITIES CONT.

INTRODUCTION TO PARKOUR

During The Introduction to Parkour session participants will focus on learning and developing FUNdamental Parkour skills including Safety Rolls, Height Drops, Pres and Strides, and Safety and Speed Vaults.

Maximum participants in numbers per session:

Primary 4 and under: 15 participants Primary 5 and older: 18 participants

60 minute session - £100 90 minute session - £150

ATHLETIC SKILLS TEAM CHALLENGE

Split into teams participants take on various movement tasks and athletic skills challenges to earn points for their team. Challenges include individual tasks; partner tasks; and whole team challenges.

Maximum participants in numbers per session:

Primary 4 and under: 28 participants Primary 5 and older: 32 participants

60 minute session - £120

90 minute session - £180



MOVEMENT EVOLUTION PERFORMANCE

For Sports Clubs with high performance aspirations, ***Movement Evolution Performance*** can help support your young athletes with a number of services, all of which can be tailored to suit your needs:

- **Fitness Testing and Athletic Capability Assessments**

Regular fitness testing and Athletic Capability Assessments can provide an understanding of strengths and weaknesses in young athletes which in turn can help focus training and motivate young athletes. In addition provision of physical maturation rate tracking can provide crucial information to help prevent injuries and help manage talent.

- **Strength and Conditioning and Athletic Skills Workshops**

Practical workshops to suit the needs of youth athletes such as "Learn to Lift" and "Athletic Skills for Your Sport".

- **Performance Lifestyle Workshops**

Workshops to suit the needs of youth athletes such as an "Introduction to Sports Nutrition", and "Recovery, an Important Piece of the Puzzle".

Price On Application



**MOVEMENT
EVOLUTION
PERFORMANCE**



THE MOVEMENT EVOLUTION ACADEMY

The Movement Evolution Academy is the social development strand to Movement Evolution Scotland CIC. We aim to increase the amount of fundamental movement opportunities for children across the region. Through **The Movement Evolution Academy** CPD programme we aim to improve the awareness, knowledge, competence and confidence of coaches, leaders, and teachers in the theoretical and practical application of Fundamental Movement Education.

There are tremendous opportunities for coaches, leaders and teachers to make a real difference to children's relationships with physical activity and exercise. It is important to understand that children and adolescents are not mini adults. Indeed, taking advantage of their levels of neuroplasticity and ensuring appropriate fundamental movement education is delivered can in turn deliver significant, positive, long term effects on competence and confidence around movement and indeed exercise which can last a lifetime. Understanding individual rates of maturation and the implications to a child's development is also crucial to delivering quality Fundamental Movement Education for all.

The Movement Evolution Academy is currently developing a workshop series to help coaches, leaders and teachers best support the physical development of children across the region including young athletes. If this is of interest to you or your organisation we would love to hear from you



ADDITIONAL INFORMATION

A full consultation will be given prior to confirmation of any booking for your club. We want to make sure we understand your specific needs including the age of your young athletes as well as the requirements of their sport at their age and stage of development and beyond.

Travel time is included for any location in a 30mile radius of Banchory, Aberdeenshire. An additional fee will be charged for locations beyond this.

Due to set up time there is a minimum booking of three hours of delivery time (this can be broken up with breaks if required to suit logistical requirements). Please discuss with us if this an issue as we may be able to tie in public pop up activities depending on day and location.

For safety reasons we cannot operate our Pop Up Movement Experiences and Activities in wet weather or on particularly wet ground, if this is the case then a full refund or change of date will be sought whichever suits the club/group.



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