

## PUPIL BENEFITS

### SMALL CLASS SIZES

Small class sizes and the targeting of specific areas of any given subject allow children to gain academic ground quickly.

### A SPORT FOR BOTH SEXES

Squash appeals equally to both boys and girls. 21% of girls aged 5-10 years old do not take part in any sport outside of school compared to only 12% of boys the same age.

### INCREASED LEARNING ADVANTAGE

An extra hour of maths tuition each week equates to 25% more time spent on a specific subject (based on 4 math classes per week).

### A MORE ORGANISED CHILD

Study skills improve and consistent work habits develop through establishing routine and encouragement to complete homework on time.

### HIGHER CLASSROOM CONFIDENCE

Children feel more comfortable to ask questions in new surroundings away from school in smaller groups.

### IMPROVED SOCIAL SKILLS

Pupils learn important social skills in a club environment where they are encouraged to be polite, and respectful to their peers, coaches and members of the club.

### A HEALTHY, ACTIVE LIFESTYLE

A squash session provides a strong cardiovascular workout. Vigorous activity, counts for double the recommended level of moderate activity.

### SPORTING PATHWAY

There are no barriers to further participation beyond the weekly school session. Membership and future development costs are funded by Squash Square.



“

Squash definitely helps me to improve my football, you need to be fast! The Wimbledon club is fantastic – lots of open space, different to where I live and doing maths here is better than at school!”

KHEYLA. E, SQUASH SQUARED PUPIL

## STET'S STORY

**NAME:** Stets Frederik Noel      **YEAR:** 8

**SCHOOL:** Sacred Heart School, Battersea

**SQUASH STATUS:** Current member of The Wimbledon Club

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I'd never heard of squash before I got introduced to it through the Squash Squared program at my school.

We would have two lessons a week at the Wimbledon. We were split into two groups. Some would do some maths or extra homework the other group would play squash, then we would swap.

I got the hang of it quickly and could soon play matches which was everyone's favourite part of the lesson.

We continued coming to the club for two years and got to the stage where we could play with a professional squash ball. I also I got much more confident in my maths.

Squash quickly became my favourite after-school club and I felt that I had found a sport I was good at and could look forward to playing every week.

My mum is happy that I was attending squash as it meant she could stay at work late and she knew I was being help with my homework and getting some exercise.

When I left primary school I really missed the club. My mum decided to contact Stacey to speak to him about membership and becoming a junior squash member.

I've now signed up and I am attending training every week.”

