



# BASKETBALL

## What is this about?

Improve physical fitness and develop essential life skills through our dynamic basketball programme. Regular participation reduces risks of obesity, heart disease, and other health issues while building coordination, agility, and flexibility that transfer to all areas of life. Beyond physical benefits, basketball teaches crucial social and cooperative skills including teamwork, clear communication, strategic problem-solving, and leadership under pressure. Our experienced coaches focus on skill development for all ability levels while fostering a supportive team environment where students build lasting friendships and learn valuable lessons about perseverance, respect, and healthy competition.

## Location?

Coulsdon Campus, Sports Hall

## Day(s) and Timings?

Every Wednesday and Friday at 3pm to 5pm

SCAN ME



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