

A background image for the central text block shows a young child with long hair, wearing a light blue shirt, sitting at a table and drawing with a pencil. A pink cup is visible on the table to the right.

Children inspire our decisions, direction,
and everything we do.

Summary

Our Inspire Sports programme celebrates the joy of movement, teamwork, and confidence through playful, skill-based learning. Each week, pre-school children are introduced to a wide range of sports — including Tennis, Football, Basketball, Rugby, Lacrosse, Golf, and Gymnastics — in a way that's active, imaginative, and fun.

What's Included

Inspire Sports includes coaching in a variety of sports such as lacrosse, rugby, and gymnastics. Children develop coordination, balance, and teamwork through fun, structured sessions that build confidence, resilience, and a lifelong enjoyment of physical activity.

Physical Learning

Through Inspire Sports, children gain more than just physical ability — they grow in self-belief, teamwork, and joy in active play. Whether learning to balance a golf swing, throw a rugby ball, or stretch through gymnastics, every child learns that effort, perseverance, and fun go hand in hand.

