



Strong & Social After-School Club

Hunter's Bar Junior School from September 2026

mettle's Strong & Social after-school club gives children a fun, positive and age-appropriate introduction to strength, fitness and movement. Sessions help pupils develop confidence, coordination, movement skills and positive attitudes towards being active.

Pupils are introduced to a variety of ways to train, including:

- Bodyweight exercises
- Dumbbells, kettlebells and barbells
- Core strength and flexibility
- Circuits and conditioning games
- Movement challenges and team activities

The focus is on helping pupils work hard together, have fun and become fitter, stronger and more confident in a supportive environment.

Strong & Social offers something different from a traditional sports club. It can work particularly well for pupils who may not always connect with team sports, as well as those who already enjoy being active and would like a new challenge.

Strength and conditioning can support children's physical fitness, confidence, movement quality, bone and muscle health, athletic development and injury prevention. At mettle, all activities are delivered in a safe, coached and age-appropriate way.

Club details

For pupils in Years 3–5

Day: Wednesdays

Time: 3.30pm–4.30pm

Start: September 2026

Cost: £5 per session

Payment: The full half-term block is paid for in advance

How to sign up

Complete the Google Form to apply for a place: <https://forms.gle/T4HTjSF9KJLdUYLF8>

Places are limited. Payment will be requested once your child's place has been confirmed.

Further information

Contact **Ryan Amos**

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