

FOCUS

MARTIAL ARTS

For more information please visit
<http://www.focus-fitness.co.uk>



FOCUS
MARTIAL ARTS & FITNESS



INTRODUCTION

The need for togetherness and support has never been more apparent than it is today. Schools and their students have felt the impact of the pandemic, and are starting to re-evaluate the concept of "community" and how they can connect or re-connect with local individuals and areas.

Schools play a vital role in supporting their communities.

Our goal is to make a positive impact on our communities. In partnership with schools, we aim to provide students with access to more sports opportunities both currently and in the future. Additionally, we strive to enhance the experience for all stakeholders including families, partners, staff, and others.

At Focus Fitness, our objective is to support physical and mental health of all through the introduction of consistent martial arts. We acknowledge that schools may encounter obstacles, but we seek to develop partnerships with schools and help to build healthier futures for all.



EMPOWER

OUR CLASSES

We offer classes suitable for all levels of ability and experience. We strive to support the development of our more advanced students whilst introducing others to our sport and helping them to work towards personal and experience success goals.

Our fully qualified, DBS approved instructors and first aid trained. Health and fitness professionals guide students in a safe environment.



CLUBS

We offer clubs at 3 separate times of the day to ensure we are able to provide support and flexibility around the schools and students needs.

- Breakfast Clubs
- Lunch Time Clubs
- After school Clubs

PHYSICAL

During our classes the students will develop their physical abilities and focus on 3 key pillars of any sport or physical activity; Strength, Mobility & Cardiovascular Endurance. Working on these three pillars will contribute to a healthier life.

Our classes promote the development of fundamental movement skills, complementing and enriching the PE curriculum.



STRENGTH



MOBILITY



CARDIOVASCULAR ENDURANCE

SOFT SKILLS

At Focus Fitness we aim to support students in several ways, including the development of their soft skills. Martial Arts is an individuals sport, however, in our classes we work as a team. Whether that's holding pads, doing circuits or resilience team building. We encourage our students to push their teammates to new limits, whilst learning. Our classes include team building exercises which help to improve communication and confidence. this can contribute to improved self-esteem, concentration in other areas of life such as lessons and other extra-curricular activities.



Leadership



Communication



Confidence



**Teamwork/
Collaboration**



Discipline



School Clubs

We help your school with wrap around care. Benefits include involvement in sports and extra curricula activities and students, mental health. Great benefits for community and parents within the school.



Support for staff

Our experienced coaches provide training and support. This can be through one-on-one or group sessions. The program develops staff skills and confidence to lead and inspire students. Investing in our coaching program benefits both staff and students.



School Camps

Offering private camps for students as well as for the wider community. The school serves as the host, while we handle the planning and execution of the camp. A revenue share arrangement is in place.



Mental Health

We provide a safe space for all students to share any feelings or concerns. We actively encourage students to talk about their feelings and promote mutual respect. Everyone has a voice.



TESTIMONIAL

Our testimonials evidence how we at Focus Fitness have impacted our students through coaching and support. We provide a safe space for students to express themselves and 'blow off steam' after a tough day at work or school. We strive to support all students along their journey, the following testimonies reflect this vision.





A PARENTS PERSPECTIVE...

I have 2 sons, both of whom have special educational needs and have an EHCP to support them in school. My eldest son attends a special school for pupils with speech and language and interaction needs. Both boys joined the Focus class on a Tuesday over a year ago.

They were offered the first 2 lessons for free to allow them to try the class before we committed. This was vital as both of my boys have suffered with anxiety and they also struggle to become fully engaged in something straight away due to their communication difficulties. I explained to the coaches before they started that they had SEN needs and I was assured that the club was fully inclusive and they would be able to support both boys.

My boys have been at Focus for over a year now and love every single minute of it. This is down to the expertise of the coaches and their understanding of pupils' difficulties such as ASD, ADHD and anxiety. When you join Focus it is so much more than just a fitness class. My boys are making their way through the levels of grading and learning the skills required for kickboxing but they are also learning about teamwork, dedication, attention and listening, self esteem and peer relationships. It is like they have an extended family. Previous to this club, my boys have tried a variety of other classes and activities but have never stuck at anything as they never gained a sense of achievement.

A HEADTEACHERS PERSPECTIVE...

The team at Marsh Infant and Nursery School have built a strong relationship with coaches at Focus over the past 4 years, bringing huge benefits to members of our school and also the wider community. Our mutual passion for using sport to bring the community together and instil respectful attitudes and healthy mindsets has led to a lasting, mutually fulfilling partnership.

The commitment and passion of coaches under the leadership of Phil Higgins and Arjun Dulay has made a significant contribution to the physical and mental health and well-being of our school community; including providing fun fitness sessions for the whole school during lockdown periods. These zoom sessions became firm favourites and successfully engaged children who were isolated from each other. Parents and teachers joined in and these sessions really helped the school community to feel connected. Children who were able to attend school during this time enjoyed fun fitness sessions with Phil, which was extremely supportive to the staff on duty.

Phil has used his health and fitness expertise to work with teachers to support positive behaviour strategies for classes and for individual children. He has supported a therapist in school, using boxing therapy to support both vulnerable children and adults with stress related illness. Vulnerable pupils have received funding to join the club; increasing their feeling of belonging and self-worth. Some of these pupils are now competing at a very high level in the sport and have realistic aspirations to represent Focus in the GB squad; an opportunity to shine that would not have been available to them without the support of Focus.

Many children attending Marsh are members of the Focus community and it is wonderful to see them gaining in confidence, self-esteem and physical fitness. Teachers have reported that children have increased concentration, focus and self-regulation through kick-boxing. This has been particularly noticeable for children with ASD and ADHD who struggle to access learning in the classroom. The fun, well-structured classes help young people to develop discipline, determination and mutual respect. Some of the older students have been trained and encouraged to assist in classes by supporting the younger members and this has helped them to develop coaching skills, empathy and a sense of responsibility.

Phil and Arjun are always keen to collaborate with local groups to think of new ways of supporting the community through martial arts. Most recently, young Ukranian refugees with no English language and traumatic experiences have been warmly welcomed into the Focus family, helping displaced young families to assimilate into an unfamiliar environment and make connections with people of their own age. The fantastic coaching team at Focus encourages intrinsic motivation and self-belief in their students that will support their mental health, work ethic and community spirit for life.

Mrs Lesley Godwin
Head teacher

THANK YOU



Thank you for taking the time to read.

CONTACT US



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