

# PE ENRICHMENT

## SUMMER TERM 2010

### ALL CLUBS ARE FREE!

DAY	PRE SCH	LUNCHTIME	AFTERSCHOOL
Monday	<u>Come and play</u> Yr 10/11 Sp Hall	<p><u>Tennis</u> Come and play tennis using the Dept tennis equipment On the Courts DL</p> <p><u>Basketball</u> Develop your slam dunk in a fun session of basketball Yr 7/8/9 Sp Hall BN/FX</p>	<p><u>Boys Cricket</u> -Yr 7/8 Try out using the school cricket equipment (bats, pads, cricket balls and the cricket nets) Field - HD/CY/MC</p> <p><u>Swimming</u>- All Years mixed Fun session in the pool - JL</p> <p><u>Core stability</u> - GT</p> <p><u>Fitness suite</u> -Yr 9 mixed Want to get fitter using the CV equipment and resistance machines? AS</p> <p><u>GCSE Dance Revision</u> - WT</p> <p><u>Tennis</u> - All Years Develop your tennis skills using our tennis rackets/balls – led by a tennis coach/DL On the courts</p>
Tuesday	<u>Come and play</u> Yr 9 Sp Hall	<p><u>Boys Indoor Football</u> Bring a group of friends to play 5-a-side in the Sp Hall Yr 7 TY</p> <p><u>Tennis</u> Come and play tennis using the Dept tennis equipment On the Courts A Piper</p>	<p><u>Girls Cricket</u> – All Years Try out using the school cricket equipment (bats, pads, cricket balls) in a girl only session on the field - JL/ER/TY</p> <p><u>Btec Catch Up</u> - TY</p> <p><u>KS3 Dance</u> Try out different styles of dance -CN</p> <p><u>Table Tennis</u> - All Years GE</p> <p><u>Girls Swimming</u> - All Years Have fun in the pool in a girls only session MA</p> <p><u>Fitness Suite</u> - KS5 Mixed Want to get fitter using the CV equipment and resistance machines? MA</p> <p><u>Boys Cricket</u> – Yr 9/10/11 Develop your cricket skills using the school equipment and the cricket nets. YG/MC</p>

Wednesday	<p><u>Come and play</u> Yr 10/11 Sp Hall</p>	<p><u>Basketball</u> Develop your skills in a fun session Year 9/10/11 Sp Hall BN/FX</p> <p><u>Kingball</u> – KS3 Exercise in a fun session of kingball Gym JL</p> <p><u>Tennis</u> Come and play tennis using the Dept tennis equipment On the Courts WT</p>	<p><u>Come and play badminton</u> Have a go at playing badminton – all equipment provided. CY</p> <p><u>Athletics</u> – All Years Come and try out the Long Jump/Shot Putt and lots of other events On the field. TY/MC/WT</p> <p><u>Rowing</u> On the Lake – invitation only by GE</p> <p><u>Fitness Suite</u> – KS4 Boys Want to get fitter using the CV equipment and resistance machines? YG</p> <p><u>GCSE PE Revision</u> – JL</p>
Thursday	<p><u>Come and play</u> Yr 9 Sp Hall</p>	<p><u>Boys Indoor Football</u> Bring a group of friends for a 5-a-side game in the Sp Hall Year 8/9 TSH</p> <p><u>Tennis</u> Come and play tennis using the Dept tennis equipment On the Courts CY</p>	<p><u>Basketball</u> Session for shooting and game play BN/FX Courts</p> <p><u>Rounders</u> – All Years Develop your throwing/catching skills in a fun game of rounders On the field with TY/WT</p> <p><u>Dodgeball</u> – All Years Gym CY/TSH</p> <p><u>Tennis club</u> Develop your tennis skills using our tennis rackets/balls – led by a tennis coach/DL On the tennis court</p> <p><u>Fitness suite</u> – KS4 Girls Want to tone your muscles – come to this session and use the CV equipment and resistance machines? MA</p>
Friday	<p><u>Come and play</u> Yr 10/11 Sp Hall</p> <p><u>Smart Moves</u> TSH</p>	<p><u>Tennis</u> Come and play tennis using the Dept tennis equipment On the Courts DL</p>	<p><u>Fitness Suite</u> – KS5/Staff Come and burn some calories using the fitness equipment. JL</p> <p><u>Badminton</u> – Yr 9/10/11 Badminton Coach</p> <p><u>Trampolining</u> – All Years Want to try a seat drop or a swivel hips – come to trampolining club YG/TY</p> <p><u>Rowing</u> On the Lake – invitation only GE</p>