








PE AFTER-SCHOOL CLUBS



3:10-4:00

Monday	Tuesday	Wednesday	Thursday
In the Gym Table Tennis - All Years, Boys and Girls in the GYM 	In the GYM Trampoline club for Years 7-9. <i>GCSE students by invite only.</i>	In the Gym is a coach - this means sessions are £5 3pm – 4pm is Cheer leading 4pm – 5pm is Tumbling	In the Sports hall All Year groups boys' basketball In the gym year 7 mixed basketball for the local NBA league. 
		In the Sports hall Girls Basketball all years 	
In the Sports hall Badminton - All years , Boys and Girls 		IT3 GCSE Drop in For all GCSE students in year 10 or 11 and you can sign up outside the PE office for a slot with Mr Bevan.	
		On the field Rugby - All years Girls and Boys, Change in SPORTS HALL	
	Fitness Suite All Years, Boys and Girls Change in the SPORTS HALL You must sign Up by the PE office £1 using Parent Pay 	Fitness Suite All Years, Boys and Girls Change in the SPORTS HALL You must sign Up by the PE office £1 using Parent Pay 	Fitness Suite All Years, Boys and Girls Change in the SPORTS HALL You must sign Up by the PE office £1 using Parent Pay 
<p><u>FITNESS SUITE</u>- The Fitness Suite will be closed on Monday and Fridays until a new PE technician is appointed. The fitness suite will also not run if less than 4 pupils have signed up. Pupils can check the sign-up sheet at any time to see if it is likely the session may be cancelled. Any pupils who cannot not arrange lifts home should go and sign in at the library.</p>			

What are your goals?

Where could you fit in more steps and more activity?

Feeling anxious and stressed? Have you tried clearing your mind by playing sport or doing and exercise activity?

