

# PE AFTER-SCHOOL CLUBS

3:10-4:00

| Monday                                  | Tuesday                                                      | Wednesday                                                    | Thursday                                                                       |
|-----------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------|
| Badminton all years in the sports hall. | Rounders<br>All years<br>Girls and boys                      | Athletics<br>All years<br>Girls and boys                     | Leadership Academy.<br>Selected Members<br><b>(See Mr Roberts for details)</b> |
|                                         | Cricket<br>All Years Girls and boys                          | Elite Development squad – by invite only.                    | Year 7 and 8 Futsal in the sports hall                                         |
|                                         | Fitness suite<br>All years<br>Sign up only<br>£1 per session | Fitness suite<br>All years<br>Sign up only<br>£1 per session | Fitness suite<br>All years<br>Sign up only<br>£1 per session                   |

*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 an exercise activity?*

