



**WADEBRIDGE SCHOOL 'SPORT FOR ALL'
EXTRA-CURRICULAR PROGRAMME**

OUR EXCITING NEW PROGRAMME.....

The national picture for school sport and physical activity is changing for the better and there is a shift to engage as many pupils as possible in sport and activity.

Historically, we have engaged many of our sporty pupils with competitive practices, matches and festivals. But this has not suited all of our pupils and we want to reach more!

Our new programme is going to allow the competitive fixtures to continue engaging pupils in team sports. We are also fully committed to the Cornwall School Games events.

The major change will be to our extra-curricular programme where we are moving away from team training which engages the same pupils as the competitive fixture programme. Instead we are now running an activity based programme where ALL pupils can be engaged with a wide range of activities on offer.



THE OPPORTUNITIES AVAILABLE.....

AUTUMN TERM

COMPETITIVE FIXTURE PROGRAMME

- Rugby Fixtures
 - County Cup, Tournaments and Friendlies
- National Cup Football Fixtures
- Netball ARENA League Fixtures
- Cornwall School Games Events
 - Surfing, handball, softball, volleyball, table tennis and rounders.
- Cross Country League Fixtures

EXTRA CURRICULAR PROGRAMME

| Monday | Tuesday | Wednesday | Thursday |
|----------------------|---------------------------|---------------------------|----------------------------|
| Get Fit All Years | Rugby All Years | Sport For All Year 7/8 | Sport For All Year 9-11 |
| | Girls Active All Years | | |
| | Boys Active All Years | | |

WHAT ARE THE DIFFERENT CLUBS?

SPORT FOR ALL

- All Boys and Girls welcome
- Wednesdays (Year 7-8) and Thursdays (Year 9-11) after school
- 4 different sports every week
- Turn up in kit
- As a group, choose which sport/activity you want to do
- Change in the gym changing rooms, meet on the stage



GIRLS and BOYS ACTIVE

- Tuesdays after school
- Girls/Boys only groups
- Girls – sports hall and outside
- Boys – gym and outside
- All year groups
- Led by student leaders
- Activity schedule released every half term

SPORT SPECIFIC CLUBS

- **Get fit** - Fitness based sessions led by a qualified personal trainer
- **Rugby** – Led by England Rugby development coach, Neil Smith
- **Girls Football** - Sessions led by FA Qualified coach, Eloise Schutte
- **Rowing** - Led by Rock Rowing Club Junior Development Officer, Clare Leverton

COMPETITION AND FIXTURE DATES

The fixture and tournament dates that follow are in a weekly format and are all confirmed dates at present. This list is NOT complete and there will regularly be updates and fixtures will be continuously added.

The PE department send fortnightly updates to parents that celebrate pupil and team successes. Please make us aware of any specific achievements so we can celebrate this in school. Included in this update will be information relating to fixtures and matches. All of this information is also sent to form tutors.

Please keep in mind that ALL dates are subject to change due to weather, staffing and other circumstances at different schools.

17TH-21ST SEPTEMBER

- Monday - County cricket final U15 vs Truro
- Tuesday - Yr II Rugby at Camels Vs East Cornwall Schools

24TH-28TH SEPTEMBER

- Tuesday - Yr 10 Rugby at Camels Vs East Cornwall Schools
- Wednesday - U13 and U15 East Cornwall Girls Football @Liskeard
- Friday - Secondary Beach Festival @ Tolcarne Surf, Volleyball and Body boarding.
Softball boys KS3 and Rounder's girls KS3

1ST – 5TH OCTOBER

- Tuesday - Yr 9 Rugby at Camels Vs East Cornwall Schools
- Wednesday - U 16's County 10's Tournament @ Newquay Tretheras. CSG handball and Netball @ Bude Yr 7 and Yr 8
- Thursday - Netball vs Penrice @Home 7,8,9,10,11. Table Tennis League KS4 @Liskeard

8TH-12ST OCTOBER

- Tuesday - Yr 8 Rugby at Camels Vs East Cornwall Schools
- Wednesday - UI3 and UI5 East Cornwall Girls Football @Liskeard

15TH-19TH OCTOBER

- Tuesday - Yr 7 Rugby at Camels Vs East Cornwall Schools
- Wednesday - Netball U19 Challenge Cup @Camborne

29TH OCTOBER- 2ND NOVEMBER

- Wednesday - U13 and U15 East Cornwall Girls Football @Liskeard
- Thursday - Rugby 7,8,9 Vs Newquay Tretheras @Home. Table Tennis League KS4 @Liskeard

12TH-16TH NOVEMBER

- Tuesday - Rugby 7,8,9,10,11 vs Penrice @Penrice
- Wednesday - UI3 and UI5 East Cornwall Girls Football @Liskeard