



EXTRA-CURRICULAR PHYSICAL ACTIVITY

...After Christmas



NEW PHYSICAL ACTIVITY CLUBS

- A huge range of new clubs will be launched after Christmas
- Starting the second week back after the Christmas holidays
 - Week beginning 14th January 2019

WHY ATTEND AN EXTRACURRICULAR CLUB?

WHY SHOULD I EXERCISE?

MY STAMINA
IS
INCREASED

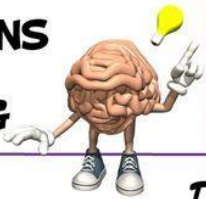


I SLEEP
BETTER

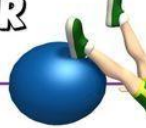


It makes me feel
Fit and Healthy

IT SHARPENS
MY
THINKING



MY BODY GETS
LEANER



IT GIVES
ME MORE ENERGY



MY MUSCLES AND BONES
GET STRONGER

IT HELPS
ME TO
RELAX



IT RELIEVES
STRESS
IN MY LIFE

MY HEART BECOMES MORE EFFICIENT

THE BRAIN BENEFITS OF EXERCISE



INCREASES PRODUCTION OF
NEUROCHEMICALS THAT
PROMOTE BRAIN CELL REPAIR



IMPROVES
MEMORY



LENGTHENS
ATTENTION SPAN



BOOSTS DECISION-
MAKING SKILLS



PROMPTS GROWTH OF
NEW NERVE CELLS AND
BLOOD VESSELS



IMPROVES
MULTI-TASKING
AND PLANNING



THE MENTAL HEALTH BENEFITS OF EXERCISE

CHILDREN AND TEENAGERS



@BELIEVEPHQ

KEY STAGE 3 REPORTS

- In PE, the column for 'Attitude to learning beyond the class' is not about homework, it is about whether you are active.
- Attendance at school clubs helps us to see whether you are leading a healthy active lifestyle, by taking part in physical activity beyond your PE lessons.

Below = not taking part in much physical activity other than PE lessons

Meeting = taking part in at least 2 hours a week of physical activity, at varying intensities

Above = taking part in at least 4 hours a week of physical activity, at varying intensities

GENERAL INFO FOR ALL CLUBS

- All clubs are about participation and are not just for Wadebridge School 'team players'
- All clubs are free to attend and you do not need to sign up (just turn up on the day)
- All Clubs are for all year groups and open to boys and girls (unless specified)
- Change into kit at the gym changing rooms (3pm) and meet in the facility noted for each club
- All clubs are 3-4pm
- The staff member noted is who to see if you have any questions
- Clubs may have to be cancelled if staff are away on fixtures or if there are events such as parents evenings. Cancelled clubs will be listed daily on the PE office door - we aim to give as much notice as possible

WHICH ACTIVITY WILL YOU TAKE PART IN ON **MONDAY**?

Activity	Venue	Staff	Additional info
Rowing	Gym	Clare Leverton (Rock Rowing Club)	Opportunities in the summer to go out on the river
Get Fit (fitness session)	Sports Centre	Miss Bradley	Fully qualified personal trainer to help with any fitness goals
Girls Indoor Cricket	Sports Centre	Miss Purkis	
Rugby	Field	Neil Smith (England Rugby)	Reminder- boys and girls



WHICH ACTIVITY WILL YOU TAKE PART IN ON **TUESDAY**?

Activity	Venue	Staff	Additional info
Boys Active	Gym	Mr Wilson	Activities vary each week
Football	Field	Mr Abbiss/ Mr Darbourne	Boys Active available when weather is bad
Girls Active	Sports Hall	Mrs Ball	Activities vary each week- led by y9&10 GLAMS
Netball	Courts	Mrs Smith	Girls Active available when weather is bad



WHICH ACTIVITY WILL YOU TAKE PART IN ON **WEDNESDAY**?

Activity	Venue	Staff	Additional info
Badminton	Sports Hall	Mr Austin	
Bike and Skate	The Cave	Mr Petchey	Can bring own or use school's equipment
Spinning (cycling)	Sports Centre	Miss Flitney	Stationary bikes- fitness session with music
GCSE catch up	ICT 6	Mr Abbiss	For GCSE / Sports Studies students to catch up on coursework
Girls Football	Field	Eloise Schutte (ex-student; Level 1 FA coach)	



WHICH ACTIVITY WILL YOU TAKE PART IN ON **THURSDAY**?

Activity	Venue	Staff	Additional info
Table Tennis	Sports Hall	Mr Wilson	
Just Dance	Main Hall	Miss Flitney	
Trampolining	Sports Hall	Mrs Abbiss	Socks required
Basketball	Gym	Frank Trenouth (year 11 student)	Matches to be arranged if attendance is good
Rugby	Field	Neil Smith (England Rugby)	



REMEMBER...

- Clubs aren't just for performers who are already good at the activity.
- You may attend for a number of reasons:
 - ✓To go on to represent the school in the activity
 - ✓To improve your skill set
 - ✓To improve/maintain fitness
 - ✓To socialise
 - ✓To relax/relieve stress
 - ✓For enjoyment/fun
 - ✓To challenge yourself with a new activity / something you've never done before
 - ✓To kill time whilst you're waiting to be picked up
- Whatever your reason, the important thing is that you are being physically active 😊 😊 😊

REMINDER...

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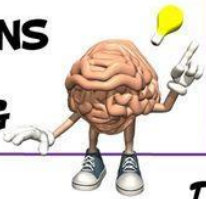


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WHICH CLUBS WILL YOU ATTEND???

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Rowing	Boys Active	Badminton	Table Tennis
Gym	Gym	Sports hall	Sports Hall
Clare Leverton	Mr Wilson	Mr Austin	Mr Wilson
Get Fit (fitness session)	Football	Bike and skate	Trampolining
Sports Centre	Field	The Cave	Sports Hall
Miss Bradley	Mr Abbiss/Darbourne	Mr Petchey	Mrs Abbiss
Girls Indoor Cricket	Girls Active	Spin (cycling)	Just Dance
Sports Centre	Sports Hall	Sports Centre	Main Hall
Miss Purkis	Mrs Ball	Miss Flitney	Miss Flitney
	Netball	GCSE catch up	Basketball
	Courts	ICT 6	Gym
	Mrs Smith	Mr Abbiss	Frank Trenouth (Y11)
		Girls Football	Girls Rugby
		Field	Field
		Eloise Schutte	Neil Smith
			(England Rugby)