



# EXTRA-CURRICULAR PHYSICAL ACTIVITY

Autumn 2019



## NEW PHYSICAL ACTIVITY CLUBS

After School Clubs will start:

**16<sup>th</sup> September**

# WHY ATTEND AN EXTRACURRICULAR CLUB?

## WHY SHOULD I EXERCISE?

MY STAMINA IS INCREASED

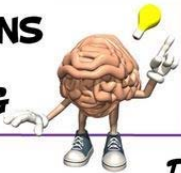


I SLEEP BETTER

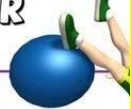


It makes me feel Fit and Healthy

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

- Helps with emotional regulation
- Improves attention
- Improves decision making
- Improves personal growth
- Reduces risk of depression
- Helps children feel better about themselves
- Improves sleep
- Increases autonomy
- Can provide children with a more positive view of themselves
- Increases confidence

@BELIEVEPHQ

# 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



Clubs start 16<sup>th</sup> September

# WEEKLY CLUBS

Monday	Tuesday	Wednesday	Thursday
Girls Football	Boys Active	Girls Active	Rugby
ASM/ES	PPE	JBL	CWL
Field	Sports Hall	Sports Hall	Field
	Year 7/8 Netball	Year 9/10 Netball	Benchball
	DSM	DFL	FAB
	Courts	Courts	Sports Hall
		Football	
		DAB/DDB	
		Field	

# 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 😊 😊 😊

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# 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