

AUTUMN TERM 2022

Extra curricular PE clubs (3.30-4.30)

| | Year | Club | Staff | Location |
|-----------|-------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------|-----------------------------------------------------------|
| Tuesday | All years Year 7 & 8 | X-country Hockey | BW & GJS ML & LAB | Top field AGP |
| Wednesday | Year 11 All Years All Years Year 7 Year 10 & 11 | Rugby Badminton Smash up! Table Tennis Rugby Hockey | SV LAB OW GJS ML & JC | Top field Sports Hall Gymnasium Top field AGP |
| Thursday | All Years Year 9 Year 8 Year 9 | Girls football Rugby Rugby Hockey | JC BW OW TR | AGP Top field Top field AGP |
| Friday | Year 10 & 11 Year 10 | Basketball Rugby | GJS SV | Sports Hall Top field |



NHS physical activity guidelines

Children 5-18



60 mins of physical activity every day

Adults 19-64



150 mins of moderate aerobic activity per week

Adults 65 +



150 mins of moderate aerobic exercise p/w and strength exercises two days a week