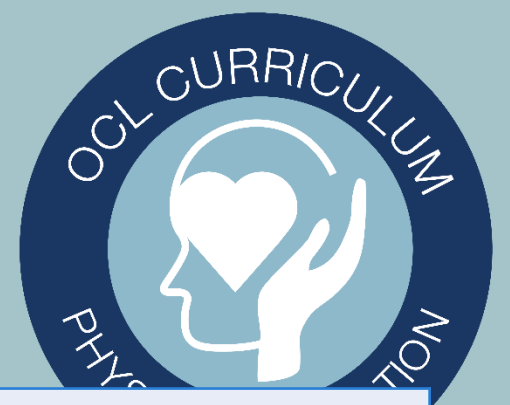
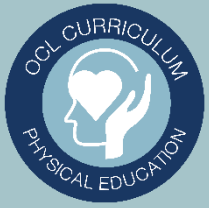


P.E. Extra-Curricular Timetable Summer 1:



Monday	Tuesday	Wednesday	Thursday	Friday
Year 7 football ARA / CSM	U14 Netball fixtures MCA	Strength & conditioning club in the fitness suite IMA	Yr 10 football fixtures CJR	Yr 8 Football fixtures HSY
Year 7 football training Saints foundation	Yr 9 football fixtures CJR	Yr 11 Football fixtures CJR	Year 10 football training	Year 7,8,9 Girls football Lunch time MCA
Year 8 & 9 football training IMA	All years girls football training WRI	Year 11 football training CJR	All years Netball Training EBA	
Year 7,8,9 Girls football Lunch time MCA		Year 11 Btec sport catch up MCA	Year 10 Btec sport catch up MCA	
U15 Football fixtures MCA	Engage clubs: Stay and play to be physically active and enjoy the social side of the activity		Develop clubs: Turn up to improve your skills and knowledge of this sport, with opportunities to play for school team!	
				Compete clubs: Join the school team where you get to compete against other schools



Club categories explained further...

Engage

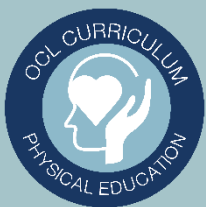
These clubs are predominately focused on stay and play to be physically active and enjoy the social side of the activity. Attend this club if you just wish to play and have fun.

Develop

These clubs are predominately focused on developing skills and techniques in a fun environment. Attend these clubs if you enjoy the sport and would like to improve on your ability to play this sport.

Compete

For these clubs you will need to join the school team where you get to compete against other schools. Attend this club if you are competitive, and would like to represent the school.



Frequently asked questions...

What time do the clubs run?	They run from 2.30 – 3.40 pm, straight after lesson five
Where should I go for the club?	You will need to go straight to the changing room after lesson 5, then the teacher running the club will meet you and tell you where to go. It will either be the sports hall, the fitness suits, the gym or the Astro turf
Do I need to sign up?	No, it is turn up and play. You just need to make sure your parents are aware that you are staying at school for the club
Do I need to pay?	No – all clubs are free to take part in
What do I wear?	For all clubs you need to wear your normal Oasis Sholing P.E. kit, so don't forget to bring it to school on the day you have a club
Do I have to play for the school team?	No – this is optional, only say yes to fixtures if you would like to play against other schools
Are these clubs on all year?	There will always be P.E. clubs afterschool, but the clubs available will change each term i.e. summer clubs be summer sports
Can I join more than one club?	Yes – but if they are on the same night you will need to choose which one you want to do