



**Crypt School PE Department
Clubs & Practices Term 1 & 2 2016-17**



Day	Functional Movement Pathway (3:15pm – 4:30pm in Fitness Suite)	Club & Practice	
		Lunchtime (1:20pm – 2pm)	After School (3:15pm – 4:30pm)
Monday	<p>Sports Academy – Gold Group & Silver Group (from January)</p> <p>Year Group: 9 – 11</p> <p>For more able students who have been identified as part of the sports academy programme.</p>		<p>Senior Rugby Training (AB/AS/PS)</p> <p>Year 7 Rugby Training (Aht/GP)</p>
Tuesday	<p>Strength & Conditioning Personal Development</p> <p>Year Group: 8, 9 & 10</p> <p>For students who have not been identified as part of the Sports Academy but have an interest in fitness and motivation to develop strength and conditioning.</p>	<p>Cross - Country Club (Year 7 – 11) (JB/JDn)</p>	<p>Junior Rugby Training</p> <p>Year 8 AS & GP</p> <p>Year 9 MC</p> <p>Year 10 AB</p>
Wednesday	<p>Sports Academy – Bronze & Silver Group</p> <p>Year Group: 8 & 9</p> <p>For more able students who have been identified as part of the sports academy programme.</p>		<p>Senior Basketball Club (Year 10 – 13) (From January due to sports hall)</p>
Thursday	<p>Sports Academy – Gold Group</p> <p>Strength & Conditioning Personal Development</p> <p>Year Group: 8, 9 & 10</p> <p>For students who have not been identified as part of the Sports Academy but have an interest in fitness and motivation to develop strength and conditioning.</p>	<p>Cross – Country Club (Year 7 – 11) (JB/JDn)</p> <p>Badminton Club (Year 9 – 13) (RSa) (From January due to sports hall)</p>	<p>Junior Basketball Club (Year 8 & 9) (From January due to sports hall)</p>
Friday		<p>GCSE / A Level PE Support (AB/Aht/AS/PS)</p> <p>Table Tennis Club (From January due to sports hall)</p>	



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