



# Primary PE Co-Curricular

Sum 1 - April 2024

Dear Parents/Carers

Please see below our sporting co-curricular timetable for Summer 1 which will begin w/c 15th April. Sign-up's will continue to take place on a half-termly basis to allow as many pupils as possible to attend the clubs that they would like.

As well as the range of internal clubs run by our own PE Department, we are delighted to offer pupils an array of exciting external clubs. As ever the clubs can only run if we meet our minimum attendance numbers for them to be viable.

**For our internal PE clubs**, please sign up via the following link - [Primary PE Co-Curricular Clubs Summer Term 1 2024](#)

**For our external PE clubs**, please see further down all the information of what to expect and how to sign up.

The deadline to sign up to internal clubs will be Thursday 21st March **@12pm** - Places will be confirmed as soon as possible before the Easter holidays.

Team PE





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Day	Time	Year	Activity	Location	Min/Max	Staff
Mon	8.00-8.35 AM	5/6	Gaelic Football	Sportshall	20	Mr. Parr
	3.20-4.20 PM	Rec-3	Football	Primary Playground	10/16	Coach *paid
Tue	7.45-8.35 AM	2-6	Fencing	Canteen	6/16	Coach *paid
	3.20-4.20 PM	3-6	Richmond Knights Basketball	Primary Playground	10/20	Coach *paid
	3.20-4.20 PM	3-6	Combate Karate	Elizabeth Hall	6/16	Coach *paid
Wed	7.40-8.30 AM	3-6	Football	Primary Playground	20	Mr. Mesouroni *paid
	8.00-8.35 AM	2-4	Multisports	Gym	20	Mr. Parr
	3.20pm-4.20 PM	Rec-Y2	Gymnastics	Elizabeth	10/16	Coach *paid
Thur	8.00-8.35 AM	3-6	Dodgeball/Benchball	Primary Playground	20	Mr. Parr
	3.20-4 PM	5/6	Summer Sports	Primary Playground	20	Mr. Parr
Fri	8.00-8.35 AM	Rec/Y1	Multisports	Sportshall	20	Mr. Parr
	3.20-4.20 PM	3-6	Rugby Ruggers	Primary Playground	30	Coach *paid

***\*If you wish to represent the college in any fixtures, you must attend the appropriate squad training session\****



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## **Football - Mondays 3:20pm-4:20pm (15th Apr-20th May - £51 - Six Sessions)**

Skills, drills and small sided matches - Each session will involve individual football skills, football-based games and small sided matches all in a safe, fun and progressive environment for all to show off their footballing talent. No experience required, sign up on the following link -

<https://jasportscoaching.classforkids.io/term/274>

## **Fencing - Tuesdays 7:45am-8:30am (20th Feb-26th Mar - £60 - Six Sessions)**

In the fencing sessions you will be taught the fundamentals of fencing with all students learning fencing rules, movement, basic attacks and defence. While also expanding their tactical skills, asking you to identify opportunities during the fights, all while duelling your friends. Inspion

Sports and its team of British, European and Commonwealth champions have created a syllabus that not only passes down our fencing knowledge to you but also aims to develop many transferable skills that can be used throughout life. Please book your place by clicking on the following link - <https://docs.google.com/forms/d/e/1FAIpQLSdCWtE3LWrscZE34E-U4gOrxKqUv1p1zdV8EuRu87EanxVevw/viewform>

## **Richmond Knights Basketball Y3-6 - Tuesdays 3:20pm-4:20pm (16th Apr-9th Jul - £ - Sessions)**

Still available places to sign up for one of our regular Richmond Knights clubs please press on the link -

<https://knights-basketball.classforkids.io/term/302>

## **Combate Karate - Tuesdays 3:20pm-4:20pm (16th Apr-21st May - £60 - Six Sessions)**

Inspion Sports Combat Karate uses a specifically designed syllabus to encompass the best traditional and modern martial arts into a system that can be used for competition and self defence. As students progress through the grades they add more techniques to their repertoire while learning the code of martial arts. Respect, Honour and integrity. The aim is to be strong in the mind and body. Please book your place by clicking on the following link -

<https://docs.google.com/forms/d/e/1FAIpQLSdCWtE3LWrscZE34E-U4gOrxKqUv1p1zdV8EuRu87EanxVevw/viewform>

## **Gymnastics - Wednesdays 3:20pm-4:20pm (17th Apr-22nd May - £51 - Six Sessions)**



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Gymnastics is a club for girls and boys. This club will focus on improving the quality of the participant's gymnastic movements. They will develop their rolling, jumping and balancing, using them individually and in combination. Please signup using the following link -

<https://jasportscoaching.classforkids.io/term/274>