



Extracurricular Clubs 2016-17



<u>Venue:</u>	<u>Club:</u>	<u>Staff:</u>	<u>About this club...</u>
<u>Monday</u>	Fit for Fun (lunch time)	Tees Valley Sport Interns	Develop children's fitness and endurance during sporting competition. Focus on HIIT (High Intensity Interval Training) to build stamina. (Games focus)
<u>Tuesday</u>	Gymnastics (lunch time)	Gym Jo	Perform dances and routines using simple movement patterns and develop your flexibility and balance in gymnastics with our sports coach.
<u>Wednesday</u>	Running Club (lunch time)	Mrs Hopper	Get fit with Mrs Hopper. Opportunities for less active children to improve their fitness and learn about maintaining a healthy lifestyle through sport and physical activity.
<u>Wednesday</u>	Fit for Fun (lunch time)	Tees Valley Sport Interns	Develop children's fitness and endurance during sporting competition. Focus on HIIT (High Intensity Interval Training) to build stamina. (Games focus)
<u>Thursday</u>	Multi Sports Club (lunch time)	MFC in the community	Take part in a range of competitive games, and learn about tactics such as attacking and defending.
<u>Thursday</u>	KS2 Multi Sports Club (after school)	Mrs Gregson	Take part in a range of competitive games, and learn about tactics such as attacking and defending.
<u>Thursday</u>	KS2 Cooking Club (after school)	Mrs Nottingham/ Mrs Young	Work with Mrs Nottingham in the food tech room to learn about eating healthy and cooking healthy meals at home. Use the Change4life cards and apps to be creative when cooking.
<u>Friday</u>	Fit for Fun (lunch time)	Tees Valley Sport Interns	Develop children's fitness and endurance during sporting competition. Focus on HIIT (High Intensity Interval Training) to build stamina. (Games focus)