

PE Clubs – Autumn 2019

MONDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Fitness, Health & Well-being Girls Fitness Suite	1.10-1.40	7-9	HCC Fitness Suite / PE4	Sports Prefects HBW
Netball Team Practice 'Trainers and Play'	1.10-1.40	7-11	Gym	HBW Netball Academy Leaders
Girls Futsal (indoor football)	1.10-1.40	All	Sports Hall	PWY Academy Leaders
Get Active Gym** (See LED for details)	3-4	11-13 years	LED gym	LED instructors
Get Active Gym** (See LED for details)	3-6	14-15 years	LED gym	LED instructors
Teen Circuits (See LED for details)	3:15-4	11-15 years	LED gym	LED instructors
Netball Academy	3-4:30	Academy students (by invitation only) 10-13	LED Courts	MWO

TUESDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Exeter Chiefs Rugby (Boys)	1.10-1.40	All	College Field	Exeter Chiefs Community Coaches TSK
Badminton	1.10-1.40	7-11	Sports Hall	ELE
Exeter Chiefs Rugby (Girls)	3-4	All	College Field	Exeter Chiefs Community Coaches
Get Active Gym** (See LED for details)	3-4	11-13 years	LED gym	LED instructors
Get Active Gym** (See LED for details)	3-6	14-15 years	LED gym	LED instructors

WEDNESDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Dance Club	1.10-1.40	7-10	Dance Studio	Dance Leaders / ATA
Fitness, Health & Well-being Boys Fitness Suite	1.10-1.40	7-9	HCC Fitness Suite / PE4	Sports Prefects ATA
Table tennis	1.10-1.40	7-13	Gym	ATA/LLA
Netball	3-4:15	7-9 (Year 10 & 11 non Academy players)	LED courts	PWY/NVE Netball Academy Leaders
Get Active Gym** (See LED for details)	3-4	11-13 years	LED gym	LED instructors
Get Active Gym** (See LED for details)	3-6	14-15 years	LED gym	LED instructors

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THURSDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Strength and Conditioning Netball / Multi-sports	1.10-1.40	Academy students (by invitation only)	HCC Fitness Suite	ELE
Boys Futsal (indoor football)	1.10-1.40	7-9	Sports Hall	ATA/NRI/AHO
Trampolining (no session Thursday 26 th September)	3-4	7-8	Sports Hall	CBO
Get Active Gym** (See LED for details)	3-4	11-13 years	LED gym	LED instructors
Get Active Gym** (See LED for details)	3-6	14-15 years	LED gym	LED instructors
Teen Swim Session (See LED for details)	3:15-4	11-15 years	LED Swimming Pool	LED instructors
Football Academy STARTS SPRING TERM 2019	3-4.15	Academy (by invitation only)	Field / HCC Fitness Suite	ATA

FRIDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Morning Mile	8:15-8:35	7-13	College Field	HBW
Sports Leadership “vInspired” & A level/GCSE/BTEC revision/ D of E evidence logging	1.10-1.40	Relevant students	PE4 / PE1	ATA
Rugby Academy	1.10-1.40	Academy students (by invitation only) 10-11	Fitness Suite / College Field	TSK
Get Active Gym** (See LED for details)	3-4	11-13 years	LED gym	LED instructors
Get Active Gym** (See LED for details)	3-6	14-15 years	LED gym	LED instructors

SATURDAY & SUNDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Get Active Gym** (See LED for details)	10-11	11-13 years	LED gym	LED instructors
Get Active Gym** (See LED for details)	8-11	14-15 years	LED gym	LED instructors

** GET ACTIVE GYM COSTS:

Non-members: Induction £14.50 per person Session fee £4.30 per session

LED Unlimited Membership:

Under 16 Unlimited Loyalty (12 month minimum term) £26.00 per month payable by direct debit. £10 joining fee.

16+ Student Unlimited Loyalty (12 month minimum term) £29.25 per month payable by direct debit. £10 joining fee.

Age 11-13: Can use the CV machines only, no weights

Age 14-15: Can use the CV machines & resistance machines*

Age 16+: Can use the CV machines, resistance machines* & free weights*

*Inductions required on Resistance Machines and Free Weights

Session times:

Monday-Friday: 11-13yrs 3-4pm, 14-15yrs 3-6pm