

Before School- Extra-Curricular PE

# Fitness



**Year-** 7, 8, 9, 10 & 11

**Description-** Friday fit club involves circuits, fitness testing, box-fit and muscular endurance training.

**Sex-** Mixed

**Kit-** Full Henley kit

**Time-** 8am-8.30am

**Friday morning session dates-** 11/5, 18/5, 25/5, 8/6, 15/6, 22/6, 29/6

**Competitive Events-** TBA

After School- Extra-Curricular PE

# Softball



**Year-** 8 & 9

**Description-** Coaching and practice for the forthcoming tournament.

**Sex-** Boys

**Kit-** Full Henley kit

**Time-** 3.15-4.15

**Friday Practice dates-**

27/4, 11/5, 18/5, 25/5

**Competitive Events-**

6<sup>th</sup> June Softball Tournament

@ Alcester Grammar School

After School- Extra-Curricular PE

# Rounders

**Year-** 7, 8, 9 & 10

**Description-** Coaching and practice for the forthcoming fixtures.

**Sex-** Girls

**Kit-** Full Henley kit

**Time-** 3.15pm -4.30pm

**Practice: Every Thursday**

**Tournament Dates:**

Year 10- 15<sup>th</sup> May

Year 9- 23<sup>rd</sup> May

Year 8- 14<sup>th</sup> June

Year 7- 20<sup>th</sup> June

After School- Extra-Curricular PE

# Athletics

**Year-** 7, 8, 9, 10

**Description-** Coaching and practice for the forthcoming events.

**Sex-** Mixed

**Kit-** Full Henley kit

**Time-** 3.15pm-4.15pm

**Tuesday Practice dates-**

1/5, 8/5, 22/5, 5/6, 12/6

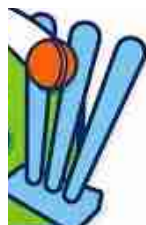
**Competitive Events-**

21<sup>st</sup> June Interschool Athletics

5<sup>th</sup> July Henley School Sports Day

Lunch- Extra-Curricular PE

# Kwik Cricket



**Monday-** Year 7

**Tuesday-** Year 8

**Wednesday-** Year 9

**Thursday-** Year 10

**Friday-** Year 11

**Description-** Windball Kwik Cricket in the gym with plastic bats and wickets. The year 7, 8 and 9 sessions will be led by prefects.

**Kit-** Just trainers required.

**Note:** No eating in gym or changing

After school- Extra-Curricular PE

# Trampolining



Friday Course (Coach led) Fee Applies

Location: School hall

Speak to Mrs Campton if interested

After school- Extra-Curricular PE

# Tennis



Monday Course (Coach led) Fee applies

Speak to Mrs Campton if interested

**Competitive Events:**

Year 7&8 Boys 17<sup>th</sup> May

Year 7&8 Girls 24<sup>th</sup> May

After School- Extra-Curricular PE

# Cricket



**Year-** 7 & 8

**Description-** Coaching and practice for the forthcoming friendly matches.

**Sex-** Mixed

**Kit-** Full Henley kit or whites

**Equipment-** Pupils can bring own bats.

**Time-** 3.15pm -4.15pm

**Wednesday Practice dates-**

9/5, 16/5, 23/5, 13/6, 20/6, 27/6

**Competitive Events-**TBA