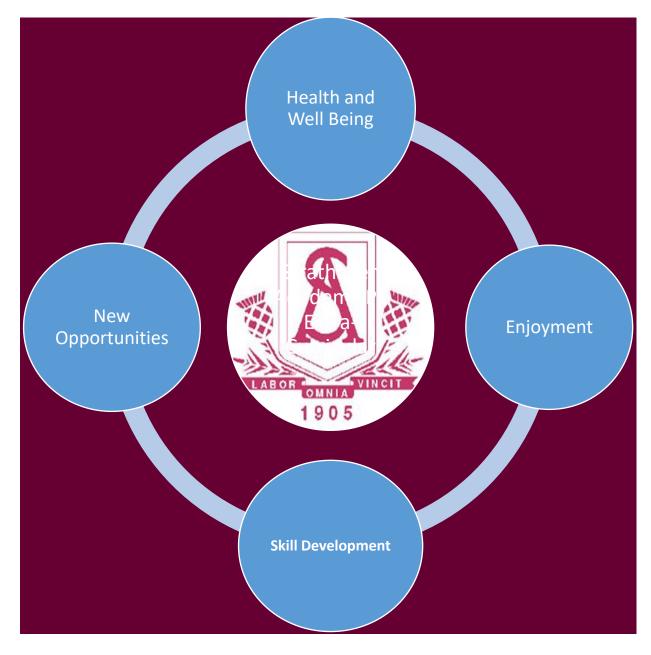
# **Strathaven Academy**

# Extra-Curricular Programme

### 2019-20



#### **Our Programme**

Strathaven Academy Physical Education Department provides an excellent extra-curricular programme with the aim of providing all pupils with the opportunity to enjoy sporting activity, both competitive and non-competitive.

As a department, we strive to provide opportunities which develop social, physical, mental and emotional wellbeing as well as developing new sporting skills.

In Strathaven Academy we have a culture of promoting leadership in all aspects of school life; often, older pupils leading younger pupils in various activities. This in turn gives our younger students aspirations to become leaders themselves. Very often pupils' first experience of leadership is through clubs and trips and these skills will be enhanced and developed throughout their school career.

We hope you will take advantage of the many opportunities on offer and would love to hear of any other ideas you have to enhance our programme.

Miss Hamilton Faculty Head, Physical Education Strathaven Academy

#### Lunchtime Clubs

#### Monday/Tuesday

1.45pm -2.15pm

Wednesday/Thursday/Friday

12.55-1.25pm

	Monday	Tuesday	Wednesday	Thursday	Friday
Games Hall	<b>Dodgeball</b> Miss Hamilton	Handball Miss Hamilton	<b>S1/2 Futsal</b> Miss Somerville	<b>S3/4 Football</b> Miss Hamilton	<b>Volleyball</b> Mr Burns
Gym	<b>Metafit (Staff only)</b> Mrs Juskowiak	<b>Gymnastics club</b> Ms Aird	<b>S1/2 Futsal</b> Miss Somerville	Basketball	<b>Table tennis</b> Miss Hamilton
Fitness Suite	S1-S3	S1-S3	S1-S3	S1-S3	S1-S3
Cage	S1/S2 only	Hockey Miss Somerville	S3/S4 only	S1/S2 only	S3/S4 only
Squash court			Cheerleading Miss Fletcher		

#### After school Clubs

## Monday/Tuesday4-5pmWednesday/Thursday/Friday3-4pm

	Monday	Tuesday	Wednesday	Thursday	Friday
	Fun 5s Netball	S1-6 Basketball	Volleyball	Netball team	Staff Football
Games Hall	Miss Somerville	Mr Norrie	Miss Somerville/Mr	Mrs Barran	
		Mr Hegarty	Burns	Miss Fletcher	
	Badminton	Staff and Senior pupils	Dance S1-S6	Staff fitness- Body Pump	
Gym	Miss Hamilton	Body Combat Mrs Juskowiak	Miss Fletcher	Mrs Juskowiak	
itness Suite	S4-6	S4-6	S4-6	S4-6	
	Fun 5s Football	S1-6 American Football	Girls football		Under 18s
Cage			Ms Hamilton		Football
			Miss McGinlay		Mr Fleming
WEST Pitch			Rugby S1-S6	Football team training	
			Mr McGibbon		
			Football team training		

