**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

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Games Hall** | **Dodgeball**Miss Hamilton | **Handball**Miss Hamilton | **S1/2 Futsal**Miss Somerville | **S3/4 Football**Miss Hamilton | **Volleyball**Mr Burns  |
| **Gym** | **Metafit (Staff only)**Mrs Juskowiak | **Gymnastics club**Ms Aird | **S1/2 Futsal**Miss Somerville | **Basketball** | **Table tennis**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/Tuesday** 4-5pm

**Wednesday/Thursday/Friday**  3-4pm

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