



# Beal High School

## PE – Participation

### Staff Initials

GO – Mr Goss | CD Mr Chandler | MC – Ms McGowan | ON – Miss Owen | CG – Miss Codling | SPM – Mr McKenzie | GN – Ms Green | GR – Ms Anker | LB – Mr Lombard | SLC – Mr Campbell | CI – Mr Canaii | HR- Ms Hooker | PJ- Mr Panesar |

### Participation

The PE Department pride themselves on providing opportunities for students to take part in physical activity and sports outside of curriculum time. We feel it is important to encourage students to take part in co-curricular clubs, as it increases the amount of exercise they do and it inspires a passion for physical activity. We suggest students take part in at least two weekly co-curricular PE clubs, which will supplement their two weekly PE lessons.

Participation clubs take place predominantly at lunch time, although there are also clubs before and after school. Students are free to choose the clubs they wish to attend and are encouraged to arrive promptly so they are guaranteed entry. These clubs not only contribute to a student’s active lifestyle, but also support them in developing their sporting, communication, teamwork and leadership skills.

There is no cost for taking part in our co-curricular clubs and all we ask is for students bring correct clothing for the specific activity.

Please see our PE Co-Curricular timetable for all the activities we have on offer.

	PE Extra-Curricular Activities					Staff Initials:
	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b> 07:45 – 08:15					Indoor Football All Years GO (KS4 Sports Hall)	GO – Mr Goss CD – Mr Chandler MC – Ms McGowan
<b>Lunch</b> 13:30 – 14:00	Fitness Training Yr 12 + 13 GO (Fitness Suite)  Basketball Team Training Yr 9 & 11 Team LB (KS4 Sports Hall)  Multi Sports Club Yr 7-9 PJ (KS3 Sports Hall)	Football Club Yr 8 PJ (Sinclair House)  Fitness Training Yr 10 & 11 GO (Fitness Suite)  Mixed Badminton Club Yr 7-9 MC (KS3 Sports Hall)  GCSE Practical Training CG/CD (KS4 Sports Hall)	Fitness Training Yr 12 + 13 GO (Fitness Suite)  Basketball Club All Years LB (KS3 Sports Hall)  Trampoline Club All Years GN/PJ (KS4 Sports Hall)	Fitness Training (Girls) Yr 10-13 GN/CG/MC (Fitness Suite)  Top Performer Trampoline (GCSE/Selected Students) LB (KS4 Sports Hall)  Multi Sports Club Yr 7-9 PJ (KS3 Sports Hall)	Cricket Club Yr 7-10 CD (KS3 Sports Hall)  Fitness Training Yr 10 & 11 LB (Fitness Suite)  Boxing Club All Years Coach Floyd (Dance Studio)	ON – Miss Owen CG – Miss Codling SPM – Mr McKenzie LB – Mr Lombard SLC – Mr Campbell CI – Mr Canaii HR – Ms Hooker PJ – Mr Panesar GN – Miss Green
<b>After School</b> 15:30 – 16:30	Football Team Training Yr 9 + 10 GO/LB (Field)  Athletics All Years MC/PJ (KS3 Sports Hall)  Netball/Cricket/Hockey Coaching Yr 7 – 11 OUTSIDE COACH (Tennis court/Field/KS4 Sports Hall)  Girls Football Training All Years Coach Ashton (Field)	Badminton Club All Years SLC (KS4 Sports Hall)  Fitness Training (When possible – ask GO) Yr 10 – 13 GO (Fitness Suite)	Athletics Yr 9/10/GCSE Students MC (KS3 Sports Hall)  Football Team Training Yr 7, 8 & 11 CD/PJ (Field)  Basketball Club Yr 7 & 8 CI/HD (KS4 Sports Hall) Netball Team Training Yr 7 + 8 GN (Tennis Court)  GCSE Revision Yr 10 & 11 ALL STAFF	Basketball Team Training Yr 10 SPM (KS3 Sports Hall)  Netball Team Training Yr 9 + 10 CG (Tennis Court)  GCSE Revision Yr 10 & 11 ALL STAFF	Boxing Club All Years 15:30-16:00 Coach Floyd (Dance Studio)	HD – Mr Hinds  Boys BLUE  Girls RED  Mixed GREEN