



Formby High School

SPORT ACADEMY

2019-20

SPORT ACADEMY

Sport Academy is a new PE and physical activity after-school programme providing the very best in extra curricular sport education.....

Not only will we offer a wide range of recreational after-school clubs led by PE staff, but we will now also offer High Performance Academy sessions, led by professional and experienced sports coaches.

The High Performance Academy sessions will cost £25 for a 10 week programme and will be led by experienced, highly qualified coaches. Each session will be after school and last one hour immediately at the end of the school day. Students who sign up for these sessions will receive a branded t-shirt, bag and water bottle. Please find below more about the coaches and the programme they will run for their activity below. Enrolment will be termly (autumn/spring/summer) via our in-school online payment system. *(Please note, in the absence of a coach due to sickness, the session will roll over and be added on at the end of the 10 week programme.)*

Recreational clubs led by PE staff will be 45 minutes after school. Sometimes, these clubs may be cancelled if a facility is required for a fixture. If this is the case, a Parent Mail will be sent out.

Taking part in sport and physical activity should be an enjoyable experience as well as motivating and challenging. Our teachers and coaches will create a happy and relaxed teaching environment, that inspires the students to practise and enjoy learning new skills.

TRANSITION

Where places are available, we will invite Year 5 and 6 students from across Formby to join our High Performance Sports Academies. Year 5 and 6 students will have the opportunity to regularly practice and perform with secondary students. They will be well looked after by our Sports Leaders and will have a great experience of Formby High School before their transition into Year 7.

SPORT ACADEMY

Meet the coaches.....

Tennis- Danny McShane. LTA Level 5 master club tennis coach based at Holy Trinity Tennis Club, Formby, Danny has worked with our school for 10 years and makes sessions fun and enjoyable, whilst developing skills in isolation and in game play.

Amateur Boxing- Siedu Siadankay. England Senior boxing coach and A.I.B.A. star coach (Olympic governing body). Boxing promotes self-confidence and also achieves a fantastic insight into getting fit, staying fit and nutrition.

Girls Football- Megan Ball. Level 2 FA coach who has experience in coaching both in this school and in the local community. Megan will be developing the students skills and tactical and game play.

Yoga- Clare Lee. Yoga is an opportunity to develop good posture, relaxation and breathing; good exercising habits and developing confidence, as well as enjoying the physical challenges of yoga. This is a fun and fast moving class, suitable for everyone and with the benefits of being non competitive.

Table Tennis- Dave Graham. Long serving table tennis coach at Formby High School and has produced table tennis players who have gone onto represent their county and nationally. Students will learn the rules of table tennis, tactics, shot selection and enjoy playing competitions in a variety of formats.

Badminton- Stephen Hurst. Level 1 badminton coach with over 40 years playing experience in the Southport & District Badminton League representing the Southport Town first and playing at Lancashire County standard. Students will learn the rules of badminton, grip, footwork/movement, shot production and tactics.

Dodgeball and gymnastics- coaches from 'Activity for All' who are a company that currently work with over 300 schools across North West England and North Wales.

AFTER-SCHOOL CLUBS

	COURTS	FIELDS	SPORTS HALL	GYMNASIUM	OTC/O3	FITNESS SUITE
MONDAY	Netball All years (FME/GOS/CTO)	Boys football All years (SLU/JHU/EBR)				Yoga and Well-being Academy (6 week block)
TUESDAY	Netball Fixtures (FME/CTO)	Rugby All years (SLU/EBR) Fit for 10k (Sports leaders)		Table Tennis High Performance Club (10 week block)		
WEDNESDAY		Girls Football High Performance Club (10 week block) Cross country All years (KHA)	Hockey club All years	Dodgeball High Performance Club (10 week block)	GCSE/A level/BTEC intervention (FME/GOS/SLU)	
THURSDAY		Football Fixtures (SLU/JHU/EBR)	Amateur Boxing High Performance Club (10 week block)	Gymnastics High Performance Club (10 week block)		
FRIDAY			Badminton High Performance Club (10 week block)			

LUNCHTIME CLUBS

	COURTS	MUGA	SPORTS HALL	GYMNASIUM	P6	FITNESS SUITE
MONDAY			Futsal Y7/8 (JHU)	KS3 Girls Active Club- various sports (FME)		
TUESDAY			Futsal 9/10 (EBR/SLU)			
WEDNESDAY			Handball All years (GOS/SLU)			
THURSDAY	Tennis High Performance Club (10 week block)	Tennis High Performance Club (10 week block)	Basketball All years (CTO/EBR/SLU)			
FRIDAY					Sports Leaders drop in (JHU)	