



CO-CURRICULAR SPORT PROGRAMME

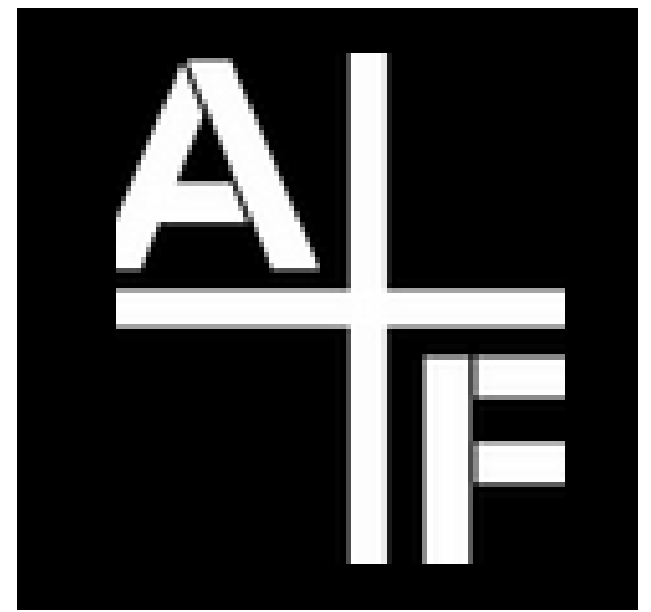
◀◀◀◀ AUTUMN TERM ▶▶▶▶

AUGUST 2024 - DECEMBER 2024

SPONSORS



PARTNERS



Edinburgh Judo



CO-CURRICULAR SPORT PROGRAMME AUGUST - DECEMBER 2024

INDEX

SECTION 1

Co-curricular sport programme:
- Aim
- Framework

SECTION 2

Important Information
Contact Details
SOCS

SECTION 3

Snapshot of Sport Clubs

SECTION 4

Year Group Schedule of Sport Clubs

SECTION 5

Description of Sport Clubs



SPORTS PROGRAMME

AIMS

✓ **SPORTS FOR ALL**

Our sport clubs are inclusive and available for all students. They can participate in a variety of sports. This is important in developing good physical habits, promoting health and fitness.

✓ **TRAIN TO COMPETE + PLAY TO PERFORM**

Create environments to challenge our athletes. To be committed, competitive and focused on their performance at an advanced level. Within these training environments they will learn to perform under a variety of competitive conditions and have a chance to pursue excellence in sport.

✓ **SPORT FOR LIFE**

The long-term goal is for all students to enjoy participating either competitively or recreationally in a variety of sports and physical activities.



SPORT PROGRAMME FRAMEWORK

TARGETED
EXCELLENCE

ENHANCED TRAINING
ENVIRONMENT

SPORT-SPECIFIC
TECHNICAL, TACTICAL &
PHYSICAL CAPACITY

WINNING STYLE OF PLAY

TRAIN TO COMPETE
&
PLAY TO PERFORM

ENJOYMENT,
SATISFACTION OR FOR
THE HEALTH BENEFITS

SOCIAL
CONNECTEDNESS

SPORT &
PHYSICAL ACTIVITY
LEADERS

ACTIVE/FIT FOR LIFE

SPORT
FOR LIFE

SPORTS
FOR ALL

WIDE RANGE OF
SPORT SKILLS

'FUN'DAMENTALS

ACTIVE START

BUILDING A
SOLID
FOUNDATION

IMPORTANT INFO

MOUTH GUARDS

We have an extremely strict **NO MOUTH GUARD – NO PLAY!** policy. All players are required to wear a mouth guard whilst playing hockey and lacrosse in their PE lessons, extra-curricular clubs and games.

Your dentist will be able to fit and provide a mouth guard. We advise that you start looking into this now should your daughter require a new mouth guard for the start of term.

The PE department will provide basic temporary mouth guards at a cost of £5 per mouth guard, cost will be added to the students' fees account.

SPORTING ACHIEVEMENT

We would love to hear about and celebrate, any and all recent sporting achievements by our students. To share please email our Director of Sport, Mrs Fourie at ccf@stge.org.uk.

BEHAVIOUR AND EXPECTATIONS

We encourage the highest standards of behaviour by our staff, coaches, students and supporters, based upon our desire to develop great people through sport.

We encourage all involved with St George's sport to have only positive interactions with match officials, opposition staff and players. Our conduct in and around the sports field reflect the values we hold dear as both a school and sports department.



IMPORTANT INFO

TEAM SELECTION AND TEAM LISTS

At St George's we encourage all our students to play fixtures. We work closely with other schools and clubs to ensure we provide suitable fixtures for all abilities for all our teams.

Several factors are taken into consideration with regards to team selections. Examples are Player ability, commitment, effort, progression, stretch & challenge and the professional judgement of the PE staff.

Primary 4 to Remove teams are selected to ensure that every child gets a reasonable number of opportunities each term to represent the school.

Students will be asked for their availability at their club during the week and team sheets will be populated on that basis. Team lists are published on SOCS. It's important and we encourage all parents and students to take responsibility to check SOCS for team selection, fixture time and venue. The coaches will make internal arrangements with the girls during their training session and good practice to check SOCS for possible last-minute changes.

Pupils who are not on the team sheet will not be allowed to take part.

Please ask your daughter to contact the teacher/staff member in charge before Friday for any team selection queries.

If your daughter is on the team sheet but can no longer attend, please inform us before Friday or for last minute changes on the PE phone (07973697022).

MATCH DAY

All information regarding our match days can be found on SOCS.

Students are expected to attend if they are listed on the team sheet.

They should also consider the meet time to the latest time of arrival.

Students should arrive for all fixtures in their school tracksuit bottoms, warm top, jackets and playing kit.

SPECTATING

We invite everyone to come and support us. It is always great to see and hear so many parents, guardians, grandparents, siblings, and friends next to the pitches and courts.

Our catering team will have the coffee, teas, and hot chocolates ready and do not pass on the famous bacon rolls.

See you there!

IMPORTANT INFO

CANCELLATIONS

CLUB CANCELLATIONS

When will clubs get cancelled?

- Morning club cancellations:
 - Before school finishes the day before the morning club
- Afternoon club cancellations:
 - JUNIOR AND LOWER SCHOOL - before 13:00 on the day of the club
 - UPPER SCHOOL - at 16:00 on the day of the club

How will I be notified?

- By Email: We will send an email to all parents of the students on the club register.
- Also refer to SOCS for the club status.
- We also encourage the students to come and speak to the PE (Physical Education) staff if they are unsure.

MIDWEEK FIXTURES CANCELLATIONS

When will clubs get cancelled?

If there is a cancellation, our communication channels will be updated as soon as possible on the day of the fixture. Students will continue to attend lessons.

How will I be notified

- By Email: We will send an email to all parents of the students on the club register.
- Also refer to SOCS for the club status.
- We also encourage the students to come and speak to the PE (Physical Education) staff if they are unsure.
- Check our social media channels

SATURDAY FIXTURES CANCELLATIONS

If there is a cancellation, our communication channels will be updated by 6.50am on Saturday morning.

Please check the following communication channels:

- SOCS
- Phone the cancellation line - 0131 311 8060
- Check our social media channels

ALL ON SOCS

All our Clubs, Fixture and Team information are available on SOCS.

The address for SOCS is:

<https://www.socscms.com/login/3724>

PASSWORD: enterprise

PLEASE TAKE NOTE:

- Refer to the Calendar for fixture details
- You can sync the calendar for 'up-to-date' info
- Clubs start week of 26 August
- No clubs on weeks commencing 14 and 21 October
- Clubs finish week of 13 December 2024

CONTACT US



Director of Sport:
Christine Fourie



ccf@stge.org.uk



SPORTS WEBSITE
<https://sport.stge.org.uk>



MAIN LANDLINE:
0131 311 8000



SPORTS MOBILE:
07973 697 022



CANCELLATION LINE:
0131 311 8060



@stgeorges_sport



Stgeorgesedin



St George's School, Edinburgh



stgeorges_sport

2024 AUTUMN SPORT CLUBS SNAP SHOT

	MON	TUE	WED	THU	FRI
AM		HOCKEY (1ST/2ND XI)	HOCKEY (U15)	HOCKEY (U13)	
LUNCH	STRENGTH AND CONDITIONING (1ST TEAMS)	STRENGTH AND CONDITIONING (L5)	STRENGTH AND CONDITIONING (U4)	STRENGTH AND CONDITIONING (SENIORS)	
	NETBALL SHOOTING (P6-U6)		SPIN (U4-U6)		
PM	HOCKEY (L5)	HOCKEY (3RD, 4TH & 5TH XI TEAMS AND P1-P6)	HOCKEY (U4)	HOCKEY (1ST & 2ND XI TEAMS)	HOCKEY (R/L4)
	MYFIT (L4-U6)	LACROSSE (R/L4/U4)	LACROSSE (P4-P5)	RUGBY (L4-U6)	LACROSSE (L5-U6)
	NETBALL (L4/U4 & P1- P5)	NETBALL (L5)	NETBALL (SENIORS & P1/P2)	NETBALL (P6/R)	BADMINTON (P6-L4)
		SKI CLUB (P6-U6)	CROSS COUNTRY (P6-U6)	JUDO AND SELF-DEFENCE (P1-U6)	FENCING (P3-U6)
		SKI CLUB RACING (P6-U6)	FOOTBALL (P6-U6)	PUMP IT UP (U4-U6)	CURLING (P6-U6)
			GYMNASTICS (P3)		RUGBYTOTS (P1-P3)

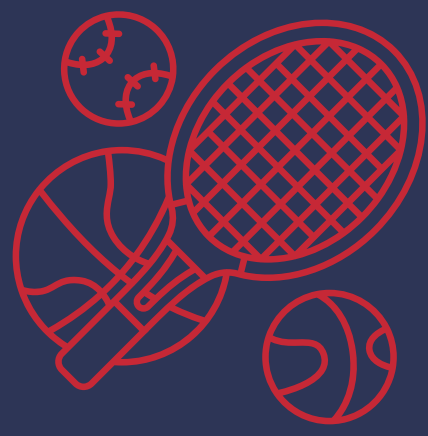


JUNIOR SCHOOL SPORT CLUBS

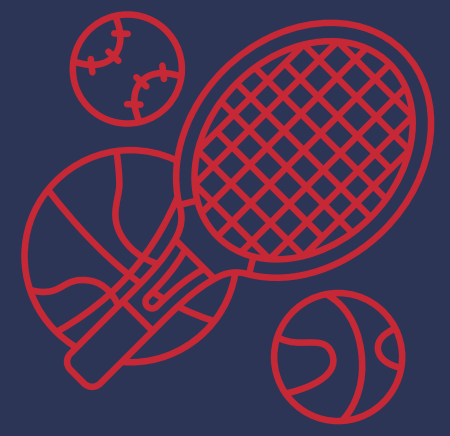


YEAR GROUP	DAY	SPORT	TIME & WHERE	COST PER TERM
NURSERY	FRI	RUGBYTOTS	13:30-14:00 & 14:05-14:35 GRASS 2	£120
P1 / P2	TUE	HOCKEY	14:30-15:00 ASTRO	
	WED	NETBALL	15:10 - 15:50 SPORTS HALL	
	THU	JUDO	15:10 - 16:00 FUTURES ROOM	£120
	FRI	RUGBYTOTS	15:10 - 16:00 JUNIOR SCHOOL HALL	£120
P3	MON	NETBALL	15:10 - 15:50 SPORTS HALL	
	TUE	HOCKEY	15:10 - 15:50 ASTRO	
	WED	GYMNASTICS	15:10 - 15:50 JUNIOR SCHOOL HALL	
	THU	JUDO	15:10 - 16:00 FUTURES ROOM	£120
	FRI	FENCING	15:10 - 16:00 FUTURES	£120
P4/P5	MON	NETBALL	15:10 - 15:50 SPORTS HALL	
	TUE	HOCKEY	15:10 - 15:50 ASTRO	
	WED	LACROSSE	15:10 - 15:50 GRASS 1	
	THU	JUDO	15:10 - 16:00 FUTURES	£120
	FRI	FENCING	15:10 - 16:00 FUTURES	£120

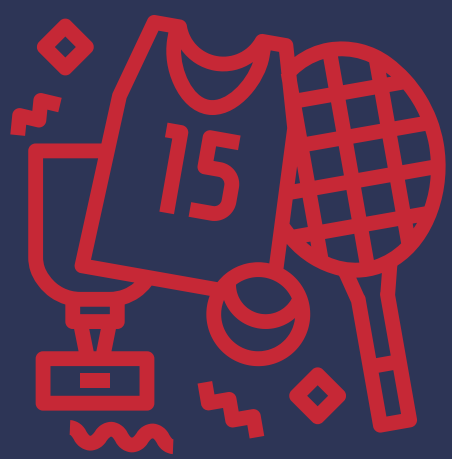




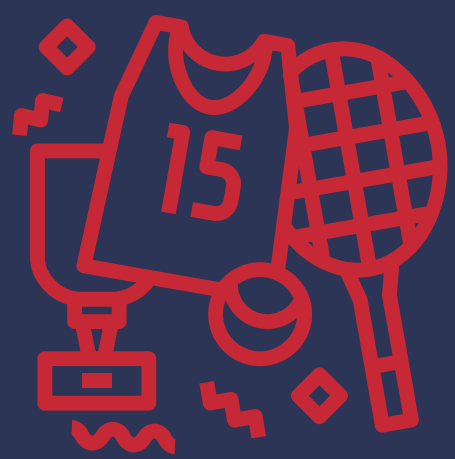
LOWER SCHOOL SPORT CLUBS



YEAR GROUP	DAY	SPORT	TIME & WHERE	COST
P6	TUE	HOCKEY	16:00-17:00 ASTRO	
		SKI CLUB	18:15-19:30 HILLEND	£120
		SKI CLUB RACING	18:15-19:30 HILLEND	£140
	WED	CROSS COUNTRY	16:00-17:15 GRASS 1	
		FOOTBALL	16:00-17:15 GRASS 1	
	THU	NETBALL	16:00-17:15 SPORTS HALL	
		JUDO	16:00-17:00 FUTURES ROOM	£120
	FRI	BADMINTON	16:00-17:00 SPORTS HALL	
		FENCING	16:00-17:00 FUTURES ROOM	£120
		CURLING	16:00-17:15 ICE RINK	£200
REMOVE	MON	NETBALL SHOOTING	12:10-12:40 SPORTS HALL	
		MYFIT	16:00-17:15 SENIOR GYM	
	TUE	LACROSSE	16:00 - 17:15 GRASS 1	
		SKI CLUB	18:15-19:30 HILLEND	£120
		SKI CLUB RACING	18:15-19:30 HILLEND	£140
	WED	CROSS COUNTRY	16:00-17:15 GRASS 1	
		FOOTBALL	16:00-17:15 GRASS 1	
	THU	HOCKEY U13	07:50-08:45 ASTRO	
		NETBALL	16:00 - 17:15 SPORTS HALL	
		JUDO	16:00-17:00 FUTURES ROOM	
	FRI	BADMINTON	16:00-17:00 SPORTS HALL	
		FENCING	16:00-17:00 FUTURES ROOM	£120
		CURLING	16:00-17:15 ICE RINK	£200
L4	MON	NETBALL SHOOTING	12:10-12:40 SPORTS HALL	
		NETBALL	16:00 - 17:15 SPORTS HALL	
		MYFIT	16:00 - 17:15 SENIOR GYM	
	TUE	LACROSSE	16:00 - 17:15 GRASS 1	
		SKI CLUB	18:15-19:30 HILLEND	£120
		SKI CLUB RACING	18:15-19:30 HILLEND	£140
	WED	CROSS COUNTRY	16:00-17:15 GRASS 1	
		FOOTBALL	16:00-17:15 GRASS 1	
	THU	HOCKEY U13 (MORNINGS)	07:50-08:45 ASTRO	
		RUGBY	16:00 - 17:15 GRASS 1	
		JUDO	16:00-17:00 FUTURES ROOM	£120
	FRI	HOCKEY	16:00-17:15 ASTRO	
		BADMINTON	16:00-17:00 SPORTS HALL	
FENCING		16:00-17:00 FUTURES ROOM	£120	
CURLING		16:00-17:15 ICE RINK	£200	



UPPER 4 SPORT CLUBS



DAY	SPORT	TIME / WHERE	COST
MON	NETBALL SHOOTING	12:10-12:40 SPORTS HALL	
	NETBALL	16:00 - 17:15 SPORTS HALL	
	MYFIT	16:00 - 17:15 SENIOR GYM	
TUE	LACROSSE	16:00 - 17:15 GRASS 1	
	SKI CLUB	18:15-19:30 HILLEND	£120
	SKI CLUB RACING	18:15-19:30 HILLEND	£140
WED	HOCKEY U15	07:50-08:45 ASTRO	
	SPIN	12:10-12:45 SPIN STUDIO	
	STRENGTH AND CONDITIONING	12:10-12:45 GYM	
	HOCKEY	16:00-17:30 ASTRO	
	CROSS COUNTRY	16:00-17:15 GRASS 1	
	FOOTBALL	16:00-17:15 GRASS 1	
THU	HOCKEY U13	07:50-08:45 ASTRO	
	RUGBY	16:00 - 17:15 GRASS 1	
	PUMP IT UP	16:00-17:00 GYM	
	JUDO	16:00-17:00 FUTURES ROOM	
FRI	BADMINTON	16:00-17:00 SPORTS HALL	
	FENCING	16:00-17:00 FUTURES ROOM	£120
	CURLING	16:00-17:15 ICE RINK	£200

LOWER 5 SPORT CLUBS

DAY	SPORT	TIME / WHERE	COST
MON	NETBALL SHOOTING	12:10-12:40 SPORTS HALL	
	HOCKEY	16:00-17:30 ASTRO	
	MYFIT	16:00 - 17:15 SENIOR GYM	
TUE	STRENGTH AND CONDITIONING	12:10-12:45 GYM	
	NETBALL	16:00 - 17:15 SPORTS HALL	
	SKI CLUB	18:15-19:30 HILLEND	£120
	SKI CLUB RACING	18:15-19:30 HILLEND	£140
WED	HOCKEY U15 (MORNINGS)	07:50-08:45 ASTRO	
	SPIN	12:10-12:45 SPIN STUDIO	
	CROSS COUNTRY	16:00-17:15 GRASS 1	
	FOOTBALL	16:00-17:15 GRASS 1	
THU	RUGBY	16:00 - 17:15 GRASS 1	
	PUMP IT UP	16:00-17:00 GYM	
	JUDO	16:00-17:00 FUTURES ROOM	
FRI	LACROSSE	16:00-17:15 GRASS 1	
	BADMINTON	16:00-17:00 SPORTS HALL	
	FENCING	16:00-17:00 FUTURES ROOM	£120
	CURLING	16:00-17:15 ICE RINK	£200

SENIORS SPORT CLUBS

DAY	SPORT	TIME / WHERE	COST
MON	NETBALL SHOOTING	12:10-12:40 SPORTS HALL	
	STRENGTH AND CONDITIONING 1ST TEAMS	12:10-12:45 GYM	
TUE	HOCKEY PRACTICE -1ST/2ND XI MORNING	07:50-08:45 ASTRO	
	HOCKEY 3RD, 4TH & 5TH XI	16:00-17:30 ASTRO	
	SKI CLUB	18:15-19:30 HILLEN	£120
	SKI CLUB RACING	18:15-19:30 HILLEN	£140
WED	SPIN	12:10-12:45 SPIN STUDIO	
	NETBALL	16:00 - 17:15 SPORTS HALL	
	CROSS COUNTRY	16:00-17:15 GRASS 1	
	FOOTBALL	16:00-17:15 GRASS 1	
THU	STRENGTH AND CONDITIONING	12:10-12:45 GYM	
	HOCKEY 1ST & 2ND XI	16:00-17:30 ASTRO	
	RUGBY	16:00 - 17:15 GRASS 1	
	PUMP IT UP	16:00-17:00 GYM	
	JUDO	16:00-17:00 FUTURES ROOM	
FRI	LACROSSE	16:00-17:15 GRASS 1	
	BADMINTON	16:00-17:00 SPORTS HALL	
	FENCING	16:00-17:00 FUTURES ROOM	£120
	CURLING	16:00-17:15 ICE RINK	£200

CLUB



DESCRIPTIONS

ASPIRING ATHLETE PROGRAMME



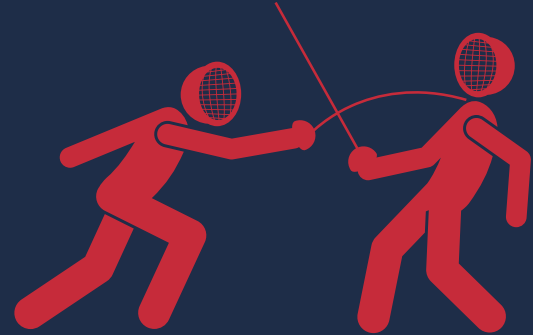
BADMINTON



CROSS COUNTRY

CURLING

FENCING



FOOTBALL



GYMNASTICS

HOCKEY



JUDO

LACROSSE

MYFIT

NETBALL

PUMP-IT-UP



RUGBYTOTS

RUGBY



SKI

SPIN





ASPIRING ATHLETE PROGRAMME

What is the Programme?

AAP caters for not only those aspiring to professional sport but also those who just need the knowledge and understanding to keep physically active into adult life.

Developing a range of physical competencies centered around the fundamental movement patterns, whilst also building a culture whereby everyone feel that they are just as welcome in the gym environment as everyone else.

Aim of the Programme

Providing a supportive infrastructure and long-term athletic development that will enable and encourage young aspiring athletes to maximise their potential and meet their personal aspirations of playing at the highest possible level.

Our success criteria are 'to ensure that pupils leave the school with the self-confidence and physical competence to complete a training programme in a range of environments.'

What is included?

Each Aspiring Athlete will have a dedicated team of high-quality coaches and support staff who will work closely with the athletes to provide high quality support to allow athletes to achieve the highest possible standards.

- Personalised Strength and Conditioning Programme
- Individual Athlete Profiling
- Two Touch Base Sessions run by our high-quality Strength and Conditioning coach
- Weekly Self Structured Strength and Conditioning Sessions, supervised by Athletes Focussed

What are the current Criteria?

- Currently competing at International, National or District Level
- Show ability and have potential to compete at International, National or District level within their age group.
- A well-rounded athlete demonstrating a passion for fitness and sport.



BADMINTON

Our favourite club across Lower and Upper school.

The Badminton club offers a chance to play badminton socially with your friends.

We are playing fun games to develop your badminton skills and match understanding.

We aim to arrange friendly games against other schools.

A group of runners' legs and feet on a grassy field. The runners are wearing white socks and various colored sneakers. The background is a blurred green field.

CROSS COUNTRY

Cross Country club will help develop running techniques and fitness required to train and race over longer distances.

There are opportunities to compete individually and as part of a team in races on open-air courses over natural terrain.

Weekly races are part of the Lothian League Cross Country competition.

A photograph of curling equipment including two stones and a brush, with the word 'CURLING' written in a large, dark, brush-stroke font over a red circular background.

CURLING

Invented in Scotland in 1541, the sport has always had a strong heritage, being played by a wide range of people.

It is no longer played outdoors on frozen lakes but dedicated curling rinks.

In this respect, the facility at Curl Edinburgh in Murrayfield, close to St George's, is now home to around 40 clubs, including the junior development club of Gogar Park Young Curlers (GPYC).

Curling is played in teams of 4 players, with each one taking it in turn to slide a stone on an ice sheet, with the other players sweeping it to make it go further or straighter. A 'skip', or captain, selects the best tactics to win the game by ensuring that one of more of the team's stones are located closer to the centre of the target ('house') compared to that of the next closest opponents' stone. The game is often referred to as 'chess on ice'.

No specific equipment is required at first, as Curl Edinburgh provides the necessary brushes and rubber grippers. However, they do ask that trainers be thoroughly clean (or preferably new) to avoid dust/grit transfer onto the ice which could disrupt play. Trainers should be packed and not worn immediately prior to arrival.

Why not come and give it a go!



FENCING

At Fencing Fun we aim to give the children the best possible first experience into the Olympic sport of fencing using light weight plastic equipment. Our classes are structured to make their learning experience fun, inspiring and purposeful by making the learning experience visual by working through our own grading system developing core skills and life skills. We will introduce a development tournament to give them the opportunity to fence others from different schools and make new friends.

They can then take it to the next level and join our main fencing club Salle Holyrood where we do electric fencing and training is focussed towards competitions and qualification for Scottish and GB teams.

Classes are taken by Keith Cook, former British Fencing Champion, 7 times Commonwealth medallist, European Bronze Medallist & World Cup Medallist. He is also a four time Sport Scotland Young Persons Coach of the Year, British Fencing Innovation Award Winner, British Fencing Community Coach of the Year, Scottish Fencing Coach of the Year 2020

European Bronze individual Medallist & Team silver in Novi Sad 2022



FOOTBALL

Football club is open for all students in Lower and Upper School.

Whether you have never played football before, have been inspired by the Lioness or play for a club outside the school there will be a level for you.

Develop core skills such as dribbling, close ball control and passing, learning the rules and playing matches.



GYMNASTICS

Primary 3 Gymnastics is a fun and challenging club for all abilities that will develop balance, strength, co-ordination, flexibility and agility. Students will learn a number of foundation and transferable skills that can be taken into other activities and sports. Each week, we will focus on core skills required for gymnastics, such as strength, flexibility, balance, co-ordination and jumping, whilst introducing rolls, cartwheels, handstands, and vaulting. We will also look at developing, improving and expanding the basic skills by introducing more difficult jumps and balances whilst improving the gymnast's strength and flexibility.



HOCKEY

Exciting club, fun activities with a chance to refine your skills and game play.

Our hockey clubs run daily and is open for all students from Primary 1 to Upper 6.

Everyone is welcome.

Our fixtures are Saturday mornings and we compete in various tournaments throughout the season. The Lower 5, U15 and 1XI Hockey teams also compete in the East and Scottish Cup.



JUDO

Our ethos incorporates friendship, effort and personal improvement in a warm, safe environment and of enabling the community to access not only sport, but also the benefits that a healthy lifestyle can bring. Our vision is to introduce judo to children of all ages and abilities in a fun and dynamic way, offering all members avenues of opportunity through which they can have a life-long enjoyment of judo. Edinburgh Judo aim to deliver the very best coaching to all our members within a safe and accessible environment.

Judo helps to develop all-round body awareness and supports development in many other sports such as hockey, gymnastics, rugby, football and more.

NURSERY AND PRIMARY 1-3

Nursery & P1 - P3 - Focusing on body preparation including co-ordination, balance, agility in a fun and engaging environment. An introduction to judo including judo movement, ukemi (learning how to fall) and newaza (ground work judo).

PRIMARY 4-5

P4/5 - Developing skills previously learned, starting to introduce the girls to tachi waza (standing judo). Still focusing on body preparation including co-ordination, balance, agility in a fun and engaging environment.

PRIMARY 6 TO UPPER 6

P6+ - Improving judo specific skills in both ne waza (ground work) and tachi waza (standing). Again, focusing on body preparation including co-ordination, balance, agility in a fun and engaging environment. Emphasising the importance of physical activity for mental health. Incorporating teamwork, communication and confidence in the classes.

A photograph of two lacrosse players, a male and a female, wearing protective eyewear and holding lacrosse sticks. They are looking at a stick held between them. The background is a bright, slightly blurred outdoor setting. The word "LACROSSE" is overlaid in large, bold, black, hand-drawn style letters across the middle of the image.

LACROSSE

The lacrosse club is designed to elevate and hone the skills introduced in core PE.

Our emphasis is on progression towards more tactical gameplay in preparation for fixtures at the U14, U15, and Senior levels.

All three age groups actively participate in the Scottish Schools Lacrosse Tournament, providing a valuable opportunity for skill application and competitive engagement.



MYFIT

MYFIT is a combination of various fitness sessions.

This club will offer a mixture of: Bootcamp / Cardio Sessions
/ HITT sessions.

Need an extra push, this club is designed to keep you on your toes. We want to keep you guessing – each class is designed to be different and to push you out of your comfort zone! This club includes circuit training, cardio exercises, bodyweight exercises and finishes with core training and stretching for a complete workout.

Our goal is to offer encouragement rather than intimidation. We want you to have tons of fun – but be prepared for some high intensity training!

All fitness levels welcome.

BENEFITS OF BEING ACTIVE AND STAYING FIT



Stress & Anxiety
Relief



Higher
Self-esteem



Improved
Functional Mobility



Improve Overall
Health



Improves
Focus and
Learning



Better
Sleep



NETBALL

Junior School

Fun and Dynamic Netball sessions introducing the FUNdamentals of netball. The aim of the sessions is to develop basic netball skills and knowledge of the game.

Preparing the girls to be confident to move to competitive netball in P6.

Lower School

Netball in Lower School is for everyone. We continue building on the fundamental skills and introducing more advance skills and knowledge of the game.

The aim is to secure a solid foundation that can build confidence to encourage playing competitive games. We will play various friendly fixtures and take part in Netball Festivals. Lower 4A participate in the Scottish Cup.

Upper School

Netball in Upper School is delivered in a very inclusive environment and encourage participation. We are continuing to build on netball skills and focused more on unit set pieces, advance skills and knowledge of the game.

Plenty of friendly game are scheduled and there are several teams participating the Scottish Cup.

A woman with long braids, wearing a dark sports bra and leggings, is performing a shoulder press with a barbell in a gym. The background is slightly blurred, showing other gym equipment.

PUMP-IT-UP

Want to get fit, stronger, lift your mood and feel energised?

Every PUMP-IT-UP session will give you an amazing full body workout!

It doesn't matter how fit or indeed unfit you are, it's not a competition about who can do the most! The majority of the workouts are timed intervals and you do as much as you can in that time.

All sessions are light hearted and a good laugh, we don't take ourselves too seriously.

The sessions are circuit training based, using a variety of bodyweight and weighted exercises, absolutely everyone can do them.

The workouts vary every week and generally include a mix of aerobic, strength training and speed elements within each session.

The goal of PUMP it UP is to provide a whole-body workout that builds strength and aerobic endurance.



Our fun, structured play sessions take children on a journey of sporting imagination with engaging and energetic coaches supporting them every step of the way whilst teaching how to catch, pass, kick, run with the ball and play as part of a team.

Our motto

Our motto is simple; "make it more fun". We do this by delivering our specifically designed programme for each age group with energy, enthusiasm and excitement. This creates an atmosphere in the class that is totally unique and engaging for parents and children alike.

What to expect...

"Be prepared to run across the jungle, wade through the quick sand or sprint through Rugbytots Valley avoiding all the smoking boulders. Get ready to protect your egg, launch a missile or attack the pirates and seize the ship, all this of course, whilst trying to avoid the evil side lines!"



RUGBY

Rugby club is open to all students in Lower 4 and Upper School.

The aim is to give you the opportunity to experience the game and develop.

It is a fast moving and skilful, known as a game all. We are offering a mixture of tag rugby and contact rugby.

Come along on and work on your skills no matter your experience.



SKI CLUB

Tuesday night is Ski club at Hillend Ski Centre.

Ski club is a great opportunity to develop your skills whether you are a complete beginner or experienced.

Groups are based on ability under the guidance of a qualified ski instructors.



SPIN

Get ready to boost your **fitness and energy** levels

Spin class is a great option if you want to get active and fitter or bored with running or walking.

It's a fun cardio workout that will challenge and inspire you with a high-energy vibe and motivating music.

In spin sessions you pedal along on a stationary bike as the instructor guides you through a workout.

The pace and speed will vary throughout the workout, challenging you to work hard whether you are going fast or slow.

If you've never been to a spin class, don't be intimidated. The first thing you should know is that everyone has been a beginner at one point or another!

SOME BENEFITS OF SPIN

- **Happy Hormones**
- **Low Impact Exercise**
- **Increases Cardiovascular Fitness**
- **Lean Muscles Definition in your legs and core**
- **Relieves Stress**
- **Reduces risk of injuries**
- **Push your limits**
- **ANYONE CAN DO IT**





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