

PHYSICAL EDUCATION DEPARTMENT

Date: September 2021

Dear Parent or Carer,

School extra-curricular PE clubs will take place between 3-4 pm throughout the Autumn term. This is a wonderful opportunity for your child to extend their existing skills, teamwork, and improve their fitness.

Monday	Tuesday	Wednesday	Thursday	Friday
Girls Football (Years 7-9)	Boys Football (Years 7-9)		Table Tennis (Years 10-11)	Table Tennis (Years 7-9)
Boys Handball (Years 7-11)	Boys Football (Years 9-10)		Netball (Years 7- 11)	Girls Handball (Years 7-9)
Trampoline (years 7-9)	Afro Dance (Years 7-9)			Trampoline (Years 7-11)
Dance Fusion (Years 7-9)				

Your child will be dismissed from the main school gates when the club has ended.

If you would like your child to attend an extra-curricular club, please fill in the permission slip below, indicating their preferred class(s) and return to the PE department. Without this slip, your child will not be able to take part as a register must be collated. PE Kit will not be required for clubs, however appropriate clothing and footwear will be needed for the chosen sport. Dance will require loose clothing, football will require boots, trainers and shin pads.

Thank you in advance.

D Noirette

Head of Physical Education (acting)

.....

I give permission for my child to participate in the following club(s).

I give permission for my child's photograph to be used within the school's remit. Yes No

Boys Football Girls Football Boys Handball Girls Handball Netball
Trampoline Table Tennis Dance

Students name: _____ Form: _____



PE Department – Medical Information and Consent



Surname:	Forename:	Form:	Date of Birth:
Home Address:	Parent / Carer 1		Parent / Carer 2
Home Tel No:	Name:	Name:	Name:
	Work No:	Work No:	Work No:
	Mobile No:	Mobile No:	Mobile No:
	Email:	Email:	Email:
Doctors Name:		Medical Issues: (Please give details and any required treatment)	
Doctors Address:		Date of Last Tetanus injection:	
Doctors Tel No:			
<p>You MUST provide any MEDICATION your child may need for every fixture. All Medication MUST be given to the Staff Member responsible for the team for Safe Keeping</p>			
List Medication:		Instructions for Use:	
<p>Does your child have any allergies? YES <input type="checkbox"/> NO <input type="checkbox"/></p> <p>If yes, please give details:</p>			
Permission:			
<p>First Aid & Emergencies:</p> <p>a) I/We give permission for first aid treatment to be given if necessary.</p> <p>b) I/We give permission for any necessary treatment to be given or investigations to be made using X-rays if my child requires admission to the Accident and Emergency Department of a Hospital.</p>			
Declaration:			
<p>a) I understand that the information given on this form will be used for all fixtures this season.</p> <p>b) I understand that if any information changes it is my responsibility to inform the PE department, my child's Achievement Leader and complete a new Medical information Form to be submitted to the main office so that computerised records can be updated.</p>			

By signing this form you confirm that the information given is correct, you agree to the declaration and give permission for treatment to be given in case of emergency.

Parent / Carer Name: (please print name) _____

Parent / Carer signature: _____ Date: _____

Email: _____

AFTER SCHOOL CLUB TIMETABLE



M

Girls Football, yr 7 - 9
Boys Handball, yr 7 - 11
Trampolining, yr 7 - 9
Fusion Dance, yr 7 - 9

Tu

Boys Football, yr 7 - 8
Boys Football, yr - 9 & 10
Afro Dance, yr 7 - 9

W

No clubs on a
Wednesday

Th

Table Tennis, yr 10 & 11
Netball, yr 7 - 9

F

Table Tennis, yr 7 - 9
Girls Handball, yr 7 - 11
Trampolining, yr 7 - 11

AFTER SCHOOL

3PM - 4PM

ENSURE YOU BRING SUITABLE ALTERNATIVE SPORTS CLOTHING PREFERABLY IN BLACK

AFTER SCHOOL CLUB TIMETABLE



Football

Are you the next Alex Scott or Lionel Messi?
Show your skills as you represent the school in a competitive and challenging competitions

Handball

Play as part of a team of seven players each passing a ball using their hands with the aim of throwing it into the goal of the other team.
Can you be the best in Lewisham?

Trampolining

Feel the rush of oxygen as you experience the force of gravity! Don't just bounce. Fly.
Learn all the basics to enable you to defy gravity

Table Tennis

Have you got quick eyes and even faster reactions?
Then table tennis is for you. You can play individually or in a team of two.
This is also often a sport used for GCSE PE

Netball

Fast and Furious.
Why not join one of the most popular team sports in the country.
Defender, attacker or a good all rounder, there is a place for everyone

Dance

Afro Dance
African Dance (Afro Beats/djembe dance style)
Dance Fusion
A blend of street, jazz, contemporary and ballet

BRING YOUR FRIENDS, HAVE FUN AND COMPETE TOGETHER