



Carleton St Hilda's C of E Primary School Extra-Curricular Offer
and 60 Minutes of Daily Activity



TERM	KSI	YEAR 3/4	YEAR 5/6
AUTUMN 1	TAG RUGBY MULTI-SKILLS/GAMES	CRICKET CHOIR HOMEWORK CLUB MULTI-SKILLS/GAMES	FOOTBALL NETBALL G.FOOTBALL FOOTBALL LEAGUE CHOIR HOMEWORK CLUB MULTI-SKILLS/GAMES
AUTUMN 2	MULTI-SKILLS/GAMES	JUDO CHOIR HOMEWORK CLUB MULTI-SKILLS/GAMES	NETBALL G.FOOTBALL FOOTBALL LEAGUE CHOIR HOMEWORK CLUB MULTI-SKILLS/GAMES
SPRING 1	MULTI-SKILLS/GAMES	MULTI-SKILLS/GAMES HOMEWORK CLUB	FOOTBALL LEAGUE MIXED FOOTBALL NETBALL HOMEWORK CLUB MULTI-SKILLS/GAMES
SPRING 2			
SUMMER 1			
SUMMER 2			

After the latest data from Sport England's Active Lives Children and Young People survey showed that a third of children are currently doing fewer than 30 minutes of physical activity a day. In light of this, children at Carleton St Hilda's C of E Primary School are determined to offer children a broad, balanced education, including plenty of opportunities to get active during the school day and through extracurricular activities. Throughout the school day children will engage in the following:

15 minute break in the morning - sports equipment available.

1 hour lunch (20-30 minutes eating and 30-40 minutes active play). During their lunch play PALs from Year 5 run sessions. A coach is employed to deliver sessions to each class on separate days. This is to give the children an opportunity to experience a range of sports/games.

15 minute break in the afternoon - sports equipment available.

Children also have the opportunity to take part in a range of extra-curricular clubs that we offer through the year.

This is a working document and will be updated each half-term.