



Autumn 1 Enrichment List



Primary School children should aim to get at least 60 minutes of physical activity each day. This should be a range of different types of exercise/ sports, intensities and use a range of muscles.

Sport England's National Active Lives Children and Young People survey showed that a third of children in the UK are currently doing fewer than 30 minutes of physical activity a day.

At Nine Acres Primary School, we offer a range of sports clubs for different year groups between 3.10-4.10 and 4.10-5pm. They provide an additional opportunity for children to get their 60 minutes of daily activity.

See the office if you would like to sign your child up!

Autumn 1

Type of Club	Time of club	Monday	Tuesday	Wednesday	Thursday	Friday
Enrichment for all	3.10-4.10pm	Y5 & 6 Football Y3 & 4 Tag Rugby	Y1 & 2 Football Y5 Tag Rugby	Year 1 & 2 Multi Skills Year 3 & 4 Football	Football Fixture	Football Fixture Year 6 Skate Boarding
Talented sports person focus group & Team call back	4.10-5pm	Y5 & 6 Boys Football	Y6 PE Boosters session	Y5 & 6 Tag Rugby Y3 & 4 Girls Football		

Striving for Excellence