



ST. MODAN'S GIRLS IN
SPORT 2016-17

INSPIRATIONAL VIDEOS

- https://www.youtube.com/watch?v=Aq_QCwikOgw
- https://www.youtube.com/results?search_query=nike+girls+in+sport

WHAT ARE WE GOING TO DO

- Upskill in all different sports
- Improve our fitness
- Improve our nutrition
- Make friends
- Develop confidence and resilience to try new things
- Improve our overall wellbeing

HOW ARE WE GOING TO DO IT

- Participate in different sports each week
- Work with the home economics department to increase our awareness of nutrition
- Complete fitness tests and develop training programmes to improve aspects of our fitness
- Participate in the Race for Life in June
- Form a girls focus group to encourage others to improve their wellbeing

CALENDAR FOR YEAR

Date	Activity	Location	Equipment Needed	Deliverer
6/9	Multi Sports/Intro	Games Hall	PE KIT	C Mitchell
13/9	Volleyball	Games Hall	PE KIT	C Mitchell
20/9	Badminton	Games Hall	PE KIT	C Mitchell
27/9	Fitness Test 1	Games Hall	PE KIT	C Mitchell
4/10	Basketball	Games Hall	PE KIT	C Mitchell
18/10	Hockey	Outside	PE KIT	C Mitchell
25/10	Bootcamp	Outside	PE KIT	C Mitchell
1/11	Nutrition	Home Ec	£2	V Robertson
8/11	Netball	Games Hall	PE Kit	C Mitchell
15/11	Football	Games Hall	PE Kit	C Mitchell
22/11	Multi Sports/Intro	Games Hall	PE KIT	C Mitchell
29/11	Volleyball	Games Hall	PE KIT	C Mitchell
10/1	Badminton	Games Hall	PE KIT	C Mitchell
17/1	Fitness Test 2	Games Hall	PE KIT	C Mitchell
24/1	Basketball	Games Hall	PE KIT	C Mitchell
31/1	Hockey	Outside	PE KIT	C Mitchell
7/2	Bootcamp	Outside	PE KIT	C Mitchell
21/2	Nutrition	Home Ec	£2	V Robertson
28/2	Netball	Games Hall	PE Kit	C Mitchell
7/3	Football	Games Hall	PE Kit	C Mitchell
14/3	Multi Sports/Intro	Games Hall	PE KIT	C Mitchell
21/3	Athletics	Games Hall/Out	PE KIT	C Mitchell
28/3	Athletics	Games Hall/Out	PE KIT	C Mitchell
25/4	Fitness Test 3	Games Hall	PE KIT	C Mitchell
2/5	Basketball	Games Hall	PE KIT	C Mitchell
9/5	Hockey	Outside	PE KIT	C Mitchell
16/5	Bootcamp	Outside	PE KIT	C Mitchell
23/5	Nutrition	Home Ec	£2	V Robertson
30/5	Netball	Games Hall	PE Kit	C Mitchell
13/6	Race for life Prep	Out	PE Kit	C Mitchell
20/6	Race for Life Prep	Out	PE Kit	C Mitchell
27/6	End of year evaluation and celebration	TBC	TBC	C Mitchell

WHAT DO YOU NEED TO DO

- Turn up every week
- Try your hardest
- Cooperate with people you might not know
- Encourage each other
- Persevere in a sport that you find difficult

- **HAVE FUN!!!!!!!**