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| **YEAR GROUP** | **SOW/TOPIC** | **TIPS TO SUPPORT LEARNING** |
| **KEY STAGE 3** | | |
| **YEAR 7** | Athletics <https://www.mansfieldharriers.co.uk/>    Basketball  <https://www.facebook.com/MansfieldGiants/>  Fitness  Football <https://www.nottinghamshirefa.com/ways-to-play/youth>  Gymnastics  <https://www.776gymnastics.com/>  Netball  <https://www.activenotts.org.uk/directory/mansfield-junior-netball-club>  Rounders  Rugby  <https://www.mansfieldrugby.co.uk/> | ***All links within this section will support your child’s learning throughout Year 7***   1. Increase activity as at home and encourage 30 mins of exercise each day this could be a walk, cycle or fitness video <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> 2. Promote a healthy balanced diet <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating> 3. Opportunities in our local community, please see a link to a local sports club outside of the academy next to each activity 4. Attend sporting period 6 activities 5. Encourage less screen time |
|  | Athletics <https://www.mansfieldharriers.co.uk/>  Badminton  <https://www.nottsba.co.uk/club_details.php?cid=3000/3794>  Basketball  <https://www.facebook.com/MansfieldGiants/>  Cricket  <https://mansfieldhmcc.play-cricket.com/>  <https://welbeck.play-cricket.com/home>  Fitness  Football  <https://www.nottinghamshirefa.com/ways-to-play/youth>  Gymnastics  <https://www.776gymnastics.com/>  Handball  Netball  <https://www.hucknalltownnetball.co.uk/>  Outdoor Ed  <https://nottsoutdoors.nottinghamshire.gov.uk/schools-and-groups/centres/the-mill/>  Rugby  <https://www.mansfieldrugby.co.uk/>  Table tennis  <https://www.activenotts.org.uk/directory/mansfield-table-tennis>  Tennis  <https://clubspark.lta.org.uk/MansfieldLawnTennisClub> | ***All links within this section will support your child’s learning throughout Year 8***   1. Increase activity as at home and encourage 30 mins of exercise each day this could be a walk, cycle or fitness video <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> 2. Promote a healthy balanced diet <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating> 3. Opportunities in our local community, please see a link to a local sports club outside of the academy next to each activity 4. Attend sporting period 6 activities 5. Encourage less screen time |
| **YEAR 9** | Athletics <https://www.mansfieldharriers.co.uk/>  Badminton  <https://www.nottsba.co.uk/club_details.php?cid=3000/3794>  Basketball  <https://www.facebook.com/MansfieldGiants/>  Cricket  <https://mansfieldhmcc.play-cricket.com/>  <https://welbeck.play-cricket.com/home>  Football  <https://www.nottinghamshirefa.com/ways-to-play/youth>  Gymnastics  <https://www.776gymnastics.com/>  Handball  Lacrosse  Volleyball  <https://www.activenotts.org.uk/directory/mansfield-volleyball-club>  Duke of Edinburgh  <https://www.dofe.org/>  **Trampolining**  Hockey  <https://www.activenotts.org.uk/directory/north-notts-hockey-club>  Netball  <https://www.hucknalltownnetball.co.uk/>  Outdoor Ed  <https://nottsoutdoors.nottinghamshire.gov.uk/schools-and-groups/centres/the-mill/>  Rugby  <https://www.mansfieldrugby.co.uk/>  Table tennis  <https://www.activenotts.org.uk/directory/mansfield-table-tennis>  Tennis  <https://clubspark.lta.org.uk/MansfieldLawnTennisClub> | ***All links within this section will support your child’s learning throughout Year 9***   1. Increase activity as at home and encourage 30 mins of exercise each day this could be a walk, cycle or fitness video <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ> 2. Promote a healthy balanced diet <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating> 3. Opportunities in our local community, please see a link to a local sports club outside of the academy next to each activity 4. Attend sporting period 6 activities 5. Encourage less screen time |