|  |  |  |
| --- | --- | --- |
| **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/>FitnessFootball <https://www.nottinghamshirefa.com/ways-to-play/youth>Gymnastics<https://www.776gymnastics.com/>Netball<https://www.activenotts.org.uk/directory/mansfield-junior-netball-club>RoundersRugby<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>FitnessFootball <https://www.nottinghamshirefa.com/ways-to-play/youth>Gymnastics<https://www.776gymnastics.com/>HandballNetball<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/>HandballLacrosse 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
 |