

Christ Church School Sports Provision Coaching 2020-2021

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1	Tennis coaching 7 weeks 2.15-3.00	Multi skills leading to running, skipping and jumping (theme approach) Thursday	Dance coaching (Monday 1-2)			
Class 2	Tennis coaching 7 weeks 1.30-2.15	ACTIVITIES developing basic sending and receiving skills (Thursday)	Dance coaching (Monday 2-3)			
Class 3	Attacking and defending (basketball)	Developing net and wall skills (badminton + volleyball) (Thursday)	Dance coaching (Tuesday 1-2)	Tag Rugby for 6 weeks TBC	Tennis coaching @ Skipton tennis club Wed 1-2 or 2-3	swimming
Class 4	Attacking and defending (basketball)	Developing net and wall skills (badminton + volleyball) Friday	Dance coaching (Tuesday 2-3)	Tag rugby TBC	swimming	Tennis coaching @ Skipton tennis club Wed 1-2
Class 5		Net and wall games (badminton + volleyball) Friday	swimming	swimming	Tennis coaching @ Skipton tennis club Wed 1-2 or 2-3	Tag rugby TBC Dance