

### **Top Tips for Making Progress in PE**

- Practice, practice, practice!!!! You can do this in lesson but also, really importantly, by attending all flexible learning opportunities available.
- Discuss with parents how you perform new skills learnt in lessons in different sports
- Follow Home Learning activities to develop knowledge in relation to Sports Leadership and GCSE courses later in PE.
- Play different positions and try taking on an officiating role so you learn all about the different activities.

### **Challenge Beyond of the Classroom**

- Join a weekend/evening club to develop you skill level (see links)
- Watch the sport you are studying and look to analyse the skills you are learning

### **Useful websites**

#### **Football**

Wetherby Athletic Junior FC - <http://www.wetherbyathleticjfc.co.uk/>

Kirk Deighton Rangers FC - <http://www.kdrjfc.co.uk/>

Collingham Juniors FC - <http://www.collinghamfc.co.uk/>

Bardsey Juniors FC - <http://www.clubwebsite.co.uk/bardseyjuniorsfootballclub>

Whinmoor Juniors FC - <http://www.whinmoorjuniors.co.uk/>

#### **Hockey**

Harrogate Juniors Hockey - <http://www.harrogatehockey.co.uk/juniors>

Boston Spa Hockey Club - <http://www.bostonspahockey.co.uk/j/default.html>

#### **Rugby Union/League**

Wetherby RUFC - <http://www.wetherbyruffc.com/>

## **Squash**

Collingham and Linton Squash and Racquet Club - <http://calsa.co.uk/>

## **Tennis**

Wetherby Castlegarth tennis club - <http://www.wetherbytennis.org.uk/>

## **Athletics**

Wetherby Running AC - [http://www.wetherbyrunnersac.co.uk/showscreen.php?site\\_id=117&screentype=site&screenid=117](http://www.wetherbyrunnersac.co.uk/showscreen.php?site_id=117&screentype=site&screenid=117)

## **Cricket**

Wetherby Cricket Club Juniors - <http://www.pitchero.com/clubs/wetherbycricketclub/j/default.html>

Kirk Deighton Cricket Club - <http://www.pitchero.com/clubs/kirkdeighton/>

Bardsey Cricket Club - [http://bardseycc.play-cricket.com/website/web\\_pages/13057](http://bardseycc.play-cricket.com/website/web_pages/13057)

Collingham Cricket Club - <http://collinghamcc.co.uk/>

Spofforth Cricket Club - <http://spofforthcc.com/junior-cricket/>

## **Golf**

Wetherby Junior Golf - <http://www.wetherby-golf-club-juniors.co.uk/about-us/>

## **Martial Arts**