

### Year 12 & 13 6<sup>th</sup> Fit

This lesson is a compulsory part of the 6th Form curriculum and one that every student is required to participate in. It is a valuable part of your education, a time when you can relax and be distracted from the pressures of your A level studies whilst helping you to relieve stress and promote your physical fitness.

There is no charge for any of these activities and you do not need to have any previous experience.

#### **6th Fit Attendance:**

All pupils in school will be expected to attend the lesson.

- Medical appointments must not to be scheduled during lessons and absence through illness must be communicated in the usual way using Sixth Form Absence line/email, copying in Mrs Dellaway.
- If you are in school, but unable to participate, please see Mrs Dellaway. You will be asked to provide a doctor's note for a long term injury/illness if you are to be excused from multiple lessons.
- Girls who are in school and miss the lesson without prior permission from Mrs Dellaway. will have exeat privileges suspended.

Activities take place both on and off site. **It is your responsibility to ensure that you are prompt** – it is not acceptable to be late to the session. You will register with a member of staff at the activity venue/lesson location.

#### **6th Fit Kit:**

- It is vital that you are appropriately dressed for the sessions.
- Please wear sports clothing such as the 6th Fit Sports Jumper, gym leggings, a sports top, a sports jumper of your own choice and trainers designed for sport that have ankle support.
- For safety reasons, please remove all jewellery before participating.
- If you are doing yoga or pilates, a mat will be provided but you are welcome to bring in your own if you would like to. Please bring a small towel to lay over the school's mat where your face and hands go (a hand towel is appropriate or if you have a yoga grip towel this is even better).
- For participation in Hockey, a mouthguard and shin pads are compulsory.

### 6th Fit Activities: Autumn & Spring Term

There is an exciting list of activities and sports for you to choose from:

**Performance Hockey or Performance Netball (Nursery Road):** As a result of your hard work and dedication to team sport you are now in the position to be able to train and represent Wimbledon High in **either Netball or Hockey** at Senior Level which is both a privilege and an honour. Please remember that you are a role model to the younger year groups.

For further information about Hockey, please see Mr Price, Head of Hockey. For more information about netball, please speak to Miss Fowler, Head of Netball.

**Performance Rowing (Boat Club):** Rowing will be offered to a select group of individuals looking to compete and continue rowing at senior level. Please get in contact with Alex Watson for more information.

**Indoor Climbing:** Experience the thrill of indoor rock climbing at The Boardroom Climbing, located at Wimbledon Centre Court Shopping Centre. This exciting activity offers a range of climbing challenges for all levels, from beginners to experienced climbers. It's a great way to build strength, improve problem-solving skills, and have fun with friends in a supportive, energetic environment. Perfect for those looking for an adventurous, active way to spend their time!

**Multi Sports at Nursery Road:** This option will include Football, Ultimate Frisbee and Tag Rugby- therefore making it the perfect option for those looking for variety and fun! You will learn a range of skills, rules and tactics across all three sports and have the opportunity to apply these to a game situation.

**Badminton (Wimbledon Racquets Club- Cranbrook Rd, London, SW19 4HD):** You will develop an understanding of the rules and tactics and have the chance to improve upon a range of skills through lots of match play! This activity will start at a slightly later time of 2:50pm. Please make sure you arrive promptly to make the most of the time available. *Tip: Travel with another person taking badminton.*

**Introduction of Weight Training (DNPT Personal Training Studio opposite main school on the corner):** This option is great for those looking to learn more about the fundamentals of weight training, alongside a experienced personal trainer. The programme will last 5-6 weeks and will include a mixture of machines and free weights. This is a unique and exclusive opportunity to be coached by a professional and is perfect for someone looking to take their fitness to the next level. Whether you are a beginner or experienced in the gym, this option can be tailored to your ability.

**Sweat Class at DNPT Personal Training Studio (opposite main school on the corner):** This class has a energetic pace and will be lively, fun and vigorous. This class gives students the opportunity to train in a well- equipped gym alongside a personal trainer. The class will be 45 minutes of weights, core and functional movements, and some boxing.

**Fitness Suite:** You will have the opportunity to develop your fitness levels through the use of our fitness suite. It is the perfect for those looking to train individually to create your own circuits or workouts.

**Running/ Walking Club (The common):** If you enjoy going up to the common for a walk or run, this option might be for you. Students will need to download the app STRAVA to participate in this activity. Whether you would prefer to walk, log or run, this option is suitable for all abilities levels.

**Swimming onsite:** You can make use of the fantastic 25m swimming pool to either swim lengths or participate in a range of swimming activities. The session can be tailored to meet the needs of the individuals.

**Yoga (6th form café):** You will learn about yoga postures as well as breathing techniques. Each week it is the responsibility as a group, to ensure the mats are taken to the 6th form café (from under the stairs in the sport hall) and returned afterwards. This small act of service will be delegated out to a different person each week by the member of staff registering the group. ***Please be willing to help and approach this with a positive attitude.*** Please bring your own towel to lay over your mat.

If you have any further questions, then do not hesitate to ask Mrs Dellaway or speak to a current 6th Form pupil who participated in 6th Fit last year.

### 6th Fit Activities: Summer Term

#### Activities on offer:

- Yoga in the 6th form café.
- Tennis @ Nursery Road
- Multi Sports @ Nursery Road
- Cricket @ Nursery Road
- Swimming @ Pool (main site)
- Virtual Golf (new!)- Wimbledon Centre Court

- **Virtual Golf is NEW!** The Golf Groove, located in Wimbledon Centre Court shopping centre is the UK's largest virtual golf facility! It is a little like crazy golf, only with better facilities! You don't need to be a professional! This choice is suitable to those looking for something a little different, fun and interactive!



GDST  
GIRLS' DAY SCHOOL TRUST

### Year 13's

You are more than welcome to join in with 6th fit at *Nursery Road* during the summer term. Please just turn up at 14:45pm, we would love to see you!

If you need a little study break, why not try this follow along workout!

<https://www.youtube.com/watch?v=2zQ89vkNnNg>

If you have any further questions, then do not hesitate to ask Mrs Coutts-Wood or Mrs Dellaway or speak to a current 6th Form pupil who participated in 6th Fit last year.