

# Summer Enrichment Programme



This Summer programme allows students to access further training sessions throughout the holiday! Please see your training times below. Please note that we are only permitted to run virtual training sessions over the summer period.

Academy Sport			
Football	Gymnastics	Netball	Rugby
<p><b>Virtual Learning (Microsoft Teams)</b> There will be no summer training</p> <p><b>Communication</b> Student email (ICC account)</p>	<p><b>Virtual Learning (Microsoft Teams)</b> Thursday 6 August - 9.30am – 10.30am Thursday 13 August - 9.30am – 10.30am Thursday 20 August - 9.30am – 10.30am Thursday 27 August - 9.30am – 10.30am</p> <p><b>Training Programmes</b> Complete training programmes already sent prior to summer and over lockdown. Aim to complete them twice a week</p> <p><b>Specific Gym Training Links</b> <a href="https://youtu.be/7QoIMyvuMoo">https://youtu.be/7QoIMyvuMoo</a> <a href="https://youtu.be/x_YFkVSp34s">https://youtu.be/x_YFkVSp34s</a> <a href="https://youtu.be/u2EGLIyDkXE">https://youtu.be/u2EGLIyDkXE</a> <a href="https://youtu.be/43kGsTiDFIQ">https://youtu.be/43kGsTiDFIQ</a> <a href="https://youtu.be/fo0JJlUTrec">https://youtu.be/fo0JJlUTrec</a></p> <p><b>Fitness Links</b> <a href="https://youtu.be/ml6cT4AZdql">https://youtu.be/ml6cT4AZdql</a> <a href="https://youtu.be/bdCX8Nb_2Mg">https://youtu.be/bdCX8Nb_2Mg</a> <a href="https://youtu.be/VdyenInEeRo">https://youtu.be/VdyenInEeRo</a> <a href="https://youtu.be/UBMk30rjy0o">https://youtu.be/UBMk30rjy0o</a> <a href="https://youtu.be/yN3GgCUmmXw">https://youtu.be/yN3GgCUmmXw</a></p> <p><b>Communication</b> Facebook page - Ivybridge Gymnastics Academy Student email (ICC account)</p>	<p><b>Training Programmes</b> Programmes will be emailed to students to include drills and skills</p> <p><b>Specific Netball Training Links</b> Download the 'neffit' app Select different workouts to complete each week! Choose between, HIIT, Speed and agility, strength and come back skills</p> <p><b>Fitness Links</b> Twitter - @ivybridgecollPE</p> <p><b>Communication</b> Twitter - @ivybridgecollPE Student email (ICC account)</p>	<p><b>Training Programmes</b> Programmes will be emailed twice a week to students to include videos of drills and skills</p> <p><b>Specific Training Links</b> Fitness challenges and sharing of training are set on Twitter - @ivybridgecollPE</p> <p><b>Fitness Links</b> Twitter - @ivybridgeSaC</p> <p><b>Communication</b> Parent email Student email (ICC account) Twitter - @ivybridgecollPE</p>

## Strength and Conditioning Sessions

### Virtual Learning (Microsoft Teams)

**Years 7 and 8** Tuesdays - 9.30am – 10.30am – S and C session  
**Years 9, 10 and 11** Thursdays - 11.30am – 12.30pm – S and C session

(No Academy Sessions from **Tuesday, 4 August – Tuesday, 18 August**, sessions will recommence on Thursday, 20 August)

### Fitness Links and Challenges

Twitter - @ivybridgecollPE  
Twitter - @ivybridgeSaC

### Communication

Parent email  
Student email

