

Enrichment

Extra-Curricular Spring Programme



I'm trying something new today! 😊

Get Active

Let's Get Creative

Fun activities to do with your friends! 😊

MONDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Girls & Boys Football	13:30-13:55	7-9	College field	ATA, MHA, AFO Football Leaders
Sixth Form Sports Academy	15:05-16:00	12-13	HCC Fitness Suite / Gym / Dance Studio	ELE
Get Active Gym* (See LED for details)	15:05-16:00	11-15 years	LED gym	LED instructors
Teen Circuits* (See LED for details)	15:15-16:00	11-15 years	LED gym	LED instructors
NEW House Band (Music)	13:30-14:05	ALL For students who play an instrument or sing	MU1	Please see Mr Turner to arrange personal instrument use

THURSDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sports Academy Strength and Conditioning	13:30-13:55	Academy students (by invitation only)	HCC Fitness Suite	ELE
Girls Football (indoor football)	13:30-13:55	All	Sports Hall	AFO
Netball	15:05-16:15	All	LED courts	LRO/PSA Netball Leaders
Get Active Gym* (See LED for details)	15:05-16:00	11-15 years	LED gym	LED instructors
NEW Song Writing Club	13:30-13:55	All	MU2	Mr Turner

TUESDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Badminton	13:30-13:55	9-11	Sports Hall	ELE
Get Active Gym* (See LED for details)	15:05-16:00	11-15 years	LED gym	LED instructors
KS3 Art Club	13:30-14:05	KS3	C6	Mrs Robinson

FRIDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sports Leadership & A level/GCSE/BTEC revision/ D of E evidence logging	13:30-13:55	Relevant students	PE4 / PE1	ATA
Get Active Gym* (See LED for details)	15:05-16:00	11-15 years	LED gym	LED instructors
NEW Taiko Drumming	13:30-14:05	ALL For students who want to learn how to play Japanese Taiko Drums!	MU1	Mr Turner
NEW Christian Faith	13:30-14:05	ALL	Hums meeting room	Mrs Rose

See Mrs Quick on what day

WEDNESDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Fitness Suite Fitness, Health & Well-being	13:30-13:55	7-9	HCC Fitness Suite / PE4	AFO Student Leaders
Table Tennis	13:30-13:55	7-13	Gym	ATA/LLA
Warhammer Club	15:05-16:05	All	Refocus Room	Mr Dowrick (Warhammer if you have it)
GCSE Art Catch Up	15:05-16:05	10 & 11	C6	Mrs Robinson (Bring your own work)
GCSE Photography Extra	15:05-16:05	10 & 11	C3	Mr Tyrer (Bring your own work)
NEW Aviation & Tech club	15:05-16:05	Invitation only. Application process. Please see Mr King.	DT-C1	Mr King
NEW Journalism club	15:05-16:05	All	E10	Ms Lindsay

Lego Club	13:30-14:05	All	Learning Support
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SATURDAY & SUNDAY				
ACTIVITY	TIME	YEARS	LOCATION	STAFF IN CHARGE
Sport and PE				
Get Active Gym* (See LED for details)	10-11 & 1-2	11-15 years	LED gym	LED instructors
Get Active Gym				
<p>Cost: Induction - £16 single or double £8 each. Session - £4.75</p> <p>Under 16 all included in Junior Get Active membership - £24.75</p> <p>Get Active Gym session run from 15.00-16.00 every week day and 10.00-11.00 Sat & Sun.</p>				
<ul style="list-style-type: none"> 11-13 year olds, can come to the programmed sessions or outside of these session with a responsible adult. They must use cardio machines and bodyweight exercises only after an induction with a member of the gym team. 14-15 year olds can now come to gym unaccompanied, anytime they like. They can use cardio, resistance and free weights after an induction with a member of the gym team. 				