

# Extra-Curricular Clubs – Spring Term 2020



|      | CLUB                                    | STAFF                       | OFFERED TO | START DATE | END DATE | TIME        | MEET POINT | LOCATION      | COST/PLACES                              |
|------|---|-----------------------------|------------|------------|----------|-------------|------------|---------------|--|
| MON  | Sports Academy                          | Game On                     | All        | 13.01.20   | 23.03.20 | 15:20-16:30 | Hall       | Field         | £14 pp pay direct<br>30 places           |
|      | Dance                                   | Miss Nicholds               | All        | 13.01.20   | 24.02.20 | 15.20-16.30 | Hall       | Hall          | Free/ 20 places                          |
|      | 1 <sup>st</sup> Aid-Mini Medics         | Nick<br>(midlands medical)  | Yr 3-4     | 13.01.20   | 27.01.20 | 15.20-16.30 | Library    | Miss Nicholds | £15 pp pay direct<br>15 places           |
|      | 1 <sup>st</sup> Aid-Mini Medics         | Nick<br>(Midlands medical)  | Yr 5-6     | 03.02.20   | 24.02.20 | 15.20-16.30 | Library    | Miss Nicholds | £15 pp pay direct<br>15 places           |
|      | Cooking Class (1 <sup>ST</sup> session) | Mrs Armstrong               | Year 3-4   | 13.01.20   | 24.02.20 | 1520-16.30  | Library    | Craft Room    | Free/ 10 places                          |
|      | Cooking Class (2nd session)             | Mrs Armstrong               | Year 5-6   | 02.03.20   | 20.04.20 | 15:20-16:30 | Library    | Craft Room    | Free/ 10 places                          |
| TUES | Taekwondo (Before HT)                   | Mr White<br>(Martial Arts)  | Year 3-4   | 14.01.20   | 11.02.20 | 15.20-16.30 | Hall       | Hall          | £5 per session, pay<br>direct/ 16 places |
|      | Taekwondo (After HT )                   | Mr White<br>(Martial Arts)  | Year 5-6   | 25.02.20   | 24.03.20 | 15.20-16.30 | Hall       | Hall          | £5 per session, pay<br>direct/ 16 places |
|      | Lego Club                               | Mrs Lowe                    | All        | 14.01.20   | 24.03.20 | 15.20.16.30 | Library    | Library       | Free/ 12 places                          |
| WED  | Football                                | Mr Mabey                    | All        | 15.01.20   | 26.02.20 | 15.20-16.30 | Hall       | Outside       | Free/ 15 places                          |
|      | Dodgeball                               | Mrs Austin                  | Year 5     | 15.01.20   | 25.03.20 | 15:20-16:15 | Hall       | Hall          | Free/ 15 places                          |
| THUR | Boxing                                  | Kieran<br>(Starkeys Boxing) | Year 3-4   | 16.01.20   | 13.02.20 | 15.20-16.30 | Hall       | Hall          | £15 pay direct<br>14 places              |
|      | Boxing                                  | Kieran<br>(Starkeys Boxing) | Year 5-6   | 27.02.20   | 26.03.20 | 15.20-16.30 | Hall       | Hall          | £15 pay direct<br>14 places              |
|      | Golf                                    | Nigel                       | All        | 16.01.20   | 27.02.20 | 15.20-16.30 | Hall       | Outside/Muga  | £5 per session<br>Pay direct/10 places   |
|      | Yoga                                    | Joanne                      | Year 6     | 16.01.20   | 26.03.20 | 15.20-16.30 | Boat Area  | Miss Coles    | £5 per session<br>Pay direct/15 places   |

Please see reverse for descriptions

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\*Any club listed as an ‘Academy’ is designed to develop the specific skills of talented, sporting children. These clubs are open to children who have experience or a talent in that area. Academies will be set and paced at a higher level and focussed on specific skill development in that sport or be competition against another school.

|      | CLUB                            | STAFF                       | DESCRIPTION   | KIT REQUIRED  |
|------|---------------------------------|-----------------------------|---|---|
| MON  | Football Academy                | Game On                     | This academy provides opportunities for footballers to learn and develop their football skills and play against their friends.                                | RLJS PE Kit<br>Football Boots & Shin Pads<br>(child should know how to put them on) |
|      | Dance                           | Miss Nicholds               | Children will enjoy dance sessions show casing their finale the last week of term to friends and family   | RLJS PE KIT   |
|      | Cooking class                   | Mrs Armstrong               | Let the children learn some quick and easy food to make, with guidance and understanding of things in the kitchen   | No kit  |
|      | 1 <sup>st</sup> Aid-Mini Medics | Nick<br>(Midlands Medical)  | The mini medics will be showing the pupils what to do in an emergency. Also, basic 1 <sup>st</sup> Aid skills.  | No kit  |
| TUES | Taekwondo                       | Mr White<br>(Martial Arts)  | Tae Kwon Do is a thoroughly modern way of getting fit whilst targeting weight loss, flexibility, general wellbeing and self- defence. Great fun and fitness.  | RLJS PE KIT   |
|      | Lego                            | Mrs Lowe                    | Letting the children to use the imagination to build models out of Lego. (please note models will be broken after club's we will take photos of child's work) | No kit  |
| WED  | Football                        | Mr Mabey                    | For Footballers to learn and develop their skills. There will also be chance to take part in some tournaments throughout the year.                            | RLJS PE KIT<br>Football boots & Shin pads.  |
|      | Dodgeball                       | Mrs Austin                  | Learn the rules, skills and tactics of competitive dodgeball in preparation for tournaments against other schools.  | RLJS PE KIT   |
| THUR | Boxing                          | Kieran<br>(Starkeys Boxing) | Improve your fitness and boxing skills with a boxing coach.   | RLJS PE KIT   |
|      | Golf                            | Nigel                       | Learning basic golfing skills, hand, eye and swing co-ordination.   | RLJS Outdoor Kit  |
|      | Yoga                            | Joanne                      | As our Year 6 pupils prepare for their SATS, why not come in and relax with some yoga.  | RLJS PE KIT   |

**Note:** Every club is open to boys and girls