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Our Ref:
Your Ref:
Date: August 2018



Dear Pupil

Welcome back after what I hope has been a very enjoyable summer break. With the start of the new academic year I hope you have been inspired to become more active and challenge yourself in new ways. It is a great time to try out sports that you haven't before and to meet that demand we are providing a wide range of extra curricular clubs for you to participate in.

Information for the extra-curricular club(s) is provided on the attached sheets. Clubs will once again run for the majority of the school year with details provided at the start of each term. We ask that you help us to keep them running by paying a small contribution towards them. This year we have been able to keep the cost at a one off cost of £20 for session 2018/2019. You can purchase your Club Pass through parent pay. This covers access to every extra-curricular sport club for the entire school year unless otherwise stated.

Pupils who are in receipt of a clothing grant and/or free school meals are exempt from the club charges, however they must still sign up to the club for administration purposes!

On occasion, due to unforeseen circumstances or game times, sessions may vary, so please check with the member of staff for running times. Places will be allocated on a first come basis as there are restrictions regarding places available in some activities.

Senior Pupils also have access to the recently built fitness suite/gym Monday to Friday 4-5pm. Pupils interested should come to the PE dept for information on inductions and access.

Gordon Phillips
Active Schools Coordinator
Adam Gibson
Head of Faculty for Physical Education, Sport and Fitness

MONDAY

3.35-5pm Football Pitch (Miss Barr and Whitecraigs Rugby)	Girls Rugby Club	S1-6	27 th Aug 3 rd , 10 th , 17 th Sept 1 st , 8 th , 22 nd , 29 th Oct 5 th , 12 th , 19 th , 26 th Nov 3 rd , 10 th , 17 th Dec
3.35-5pm Games Hall 2 Mr Phillips	Badminton	S1-6	27 th Aug 3 rd , 10 th , 17 th Sept 1 st , 8 th , 22 nd , 29 th Oct 5 th , 12 th , 19 th , 26 th Nov 3 rd , 10 th , 17 th Dec
4.00-5pm Fitness Suite ER Fitness Instructor	Fitness Suite	S4-6	27 th Aug 3 rd , 10 th , 17 th Sept 1 st , 8 th , 22 nd , 29 th Oct 5 th , 12 th , 19 th , 26 th Nov 3 rd , 10 th , 17 th Dec

TUESDAY

3.35-5pm Games Halls 1 + 2 Mrs Lloyd, Miss Shannon, Miss Lyons	Netball Club	S1-6	28 th Aug 4 th , 11 th , 18 th , 25 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th , 20 th , 27 th Nov 4 th , 11 th , 18 th Dec
3.35-5pm Dance Studio Mr Barlow	Table Tennis	S1-6	4 th , 11 th , 18 th , 25 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th , 20 th , 27 th Nov 4 th , 11 th , 18 th Dec
3.35-5pm Gymnasium Mr Judge	Gymnastics	S1-6	28 th Aug 4 th , 11 th , 18 th , 25 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th , 20 th , 27 th Nov 4 th , 11 th , 18 th Dec
4.00-5pm Fitness Suite ER Fitness Instructor	Fitness Suite	S4-6	28 th Aug 4 th , 11 th , 18 th , 25 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th , 20 th , 27 th Nov 4 th , 11 th , 18 th Dec
3.35-5pm Football Pitch (Miss Boyle, Mr Brown)	Girls Football Club	S1-6	28 th Aug 4 th , 11 th , 18 th , 25 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th , 20 th , 27 th Nov 4 th , 11 th , 18 th Dec
3.35-5pm Football Pitch Mr Williams	S1 Football Club	S1	28 th Aug 4 th , 11 th , 18 th , 25 th Sept 2 nd , 9 th , 23 rd , 30 th Oct 6 th , 13 th , 20 th , 27 th Nov 4 th , 11 th , 18 th Dec

*5/7 a side football

*Hockey

*Athletics

Will all be added to the programme,
Days/times to be decided
please check PE window/PE Twitter
for more information
(@EastwoodHS_PE)

WEDNESDAY

Lunch Games Hall 2 Mr Williams	Cricket	S1-6	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
2.45-4.00pm Games Hall 2 Japan Karate	Karate With Self defence and Fitness	S1-6	5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
2.45-4.00pm Games Hall 1 Mrs McCarron	Basketball Club (Girls)	S1-6	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
2.45-4.00pm Dance Studio Senior Pupils	Dance Club	S1-3	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
2.45-4pm Small Gym Mr Rollo	Fencing Club	S1-6	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
2.45-4pm Football Pitch Mr Higgins	S2 Football	S1-6	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
2.45-3.45 Swimming Pool Miss Miller and Mrs Mahoney	Swimming – Mixed	S1-6	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec
4.00-5pm Fitness Suite ER Fitness Instructor	Fitness Suite	S4-6	29 th Aug 5 th , 12 th , 19 th , 26 th Sept 3 rd , 10 th , 24 th , 31 st Oct 7 th , 14 th , 21 st , 28 th Nov 5 th , 12 th , 19 th Dec

THURSDAY

3.35-5pm Old Games Hall (Mrs Mears)	Trampolining (limited places)	S1-6	30 th Aug, 6 th , 13 th , 20 th , 27 th Sept 4 th , 11 th , 25 th Oct
3.35-5pm Games Hall 1 Miss Workman and Mr Panayiotakis	Volleyball	S1-6	30 th Aug, 6 th , 13 th , 20 th , 27 th Sept 4 th , 11 th , 25 th Oct 1 st , 8 th , 15 th , 22 nd , 29 th Nov 6 th , 13 th , 20 th Dec
4.00-5pm Fitness Suite ER Fitness Instructor	Fitness Suite	S4-6	30 th Aug, 6 th , 13 th , 20 th , 27 th Sept 4 th , 11 th , 25 th Oct 1 st , 8 th , 15 th , 22 nd , 29 th Nov 6 th , 13 th , 20 th Dec
3.35-5pm Running Track Mrs Lloyd	Couch to 5k	S1-6	13 th , 20 th , 27 th Sept 4 th , 11 th , 25 th Oct 1 st , 8 th , 15 th , 22 nd Nov
3.35-5pm Football Pitch Mr Reid	Rugby	S1-6	30 th Aug, 6 th , 13 th , 20 th , 27 th Sept 4 th , 11 th , 25 th Oct 1 st , 8 th , 15 th , 22 nd , 29 th Nov 6 th , 13 th , 20 th Dec

FRIDAY

Lunch	Squash	S1-6	31 st Aug 7 th , 14 th , 28 th Sept
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Games Hall 2 Mr Higgins			5th, 26th Oct 2nd, 9th, 16th, 23rd, 30th Nov 7th, 14th Dec
2.45-4.00pm Games Hall 1 (Mr Gibson)	Basketball Club (Boys)	S1-6	31st Aug 7th, 14th, 28th Sept 5th, 26th Oct 2nd, 9th, 16th, 23rd, 30th Nov 7th, 14th Dec
2.45-4.00pm Dance Studio (Miss Miller)	Girls Fitness	S1-6	31st Aug 7th, 14th, 28th Sept 5th, 26th Oct 2nd, 9th, 16th, 23rd, 30th Nov 7th, 14th Dec
4.00-5.00pm Fitness Suite ER Fitness Instructor	Fitness Suite	S4-6	31st Aug 7th, 14th, 28th Sept 5th, 26th Oct 2nd, 9th, 16th, 23rd, 30th Nov 7th, 14th Dec
3.00-4.00pm Football Pitch Mr Brown	Senior Football	S5-6	31st Aug 7th, 14th, 28th Sept 5th, 26th Oct 2nd, 9th, 16th, 23rd, 30th Nov 7th, 14th Dec
2.45-4.00pm Small Gym (ProMuay Thai/ProJudo)	Muay Thai/Judo	S1-6	31st Aug 7th, 14th, 28th Sept 5th, 26th Oct 2nd, 9th, 16th, 23rd, 30th Nov 7th, 14th Dec