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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

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| 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

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|---|---------------------|------|---|
| 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

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| Lunch Games Hall 2 Mr Williams | Cricket | S1-6 | 29th 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 | 5th, 12th, 19th, 26th 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 | 29th 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 | 29th 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 | 29th 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 | 29th 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 | 29th 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 | 29th 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 | 30th 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 | 30th 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 | 30th 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 | 13th, 20th, 27th 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 | 30th 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

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| Lunch | Squash | S1-6 | 31st 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 |