



# Extra-Curricular Activities

**Session: 2024-25**

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# The Benefits of Extra-Curricular Activities

Dumfries Academy aims to provide a wide range of extra-curricular activities for pupils. These activities occur at lunchtime and after school. These activities bring many benefits. Allowing your son/daughter to get involved in extra-curricular activities at school is a wise choice, and it can be very important in helping them to develop many life skills. These skills include the following:

## **1. Time Management**

One great benefit of your child being involved in extra-curricular activities is that they will learn about time management.

## **2. Getting Involved in a Wide Range of Interests**

Getting involved in extra-curricular activities also allows students to get involved in diverse interests. The activities allow them to explore various interests that they may have.

## **3. Learning About Commitment**

Pupils learn about commitment when they are involved in extra-curricular activities. When they join one of the activities or clubs, they commit themselves to the activity for a period of time.

## **4. Making a Contribution**

Extra-curricular activities allow your child to make a contribution in some way. It shows that they are getting away from just thinking about themselves and contributing to the wider life of the school.

## **5. Raising Self Esteem**

Being involved in extra-curricular activities helps to raise self-esteem. Everyone wants to find something that they are really good at, and extra-curricular activities provide them with a way that they can get involved in something and really shine, giving their self-esteem a boost.

## **6. Building Relationships**

Your son/daughter will also have the benefit of building relationship skills when they get involved in extra-curricular activities. Pupils need to get involved in social activities and learn how to act appropriately in social situations and these activities give them a chance outside of school to do this, while they are still being supervised by adults.

We offer a full programme of extra-curricular activities which take place at lunch time, weekends and after school.

The extra-curricular programme gives our pupils the opportunity to develop skills and qualities such as initiative, interpersonal skills, independence of thought, problem solving, project management, having a positive attitude and working well in a team, all of which are very important life skills.

Whilst good qualifications are obviously important, facilitating access to the first step of the chosen career ladder, it is these additional skills that will aid further progress.

# Benefits of Regular Exercise

If you exercise regularly you will:

- Increase your endurance
- Have healthier muscles, joints and bones
- Increase your metabolism
- Have more energy
- Experience a sense of wellbeing
- Sleep more soundly

## Activity tips for a healthy lifestyle

- Ask your son/daughter what activities they enjoy. Encourage them to follow their interests, and make activity fun and enjoyable.
- Encourage your son/daughter to spend more time outdoors and become involved in team or individual sports and activities.
- Encourage them to walk or to do activities with friends.
- Do some regular activity together as a family to help your son/daughter develop a positive attitude towards physical activity.
- Praise and encourage your son/daughter when they are taking part in an activity – particularly if they are learning a new skill. Keep feedback positive – and don't push too hard. If they enjoy the experience they'll keep taking part.
- Be a role model. Young people learn by watching what parents do so show your son/daughter you enjoy and value activity by taking part yourself. Even simple things like walking instead of using the car can have a big influence.

## Debating / Public Speaking Club

- **Target year group(s)** - S2-S3
- **When it takes place** - Wednesday Lunch time
- **Where it takes place** - M6
- **Member of staff or pupils responsible for the activity** - Miss Chalk and Karam Noufal
- **What we do:** The debating club is a fun and engaging place where pupils can discuss different topics, learn to think critically, and improve their public speaking skills. The club covers subjects that interest them, like current events and social issues, helping them form and share their opinions. The club also helps pupils develop their teamwork and listening skills as well as helping pupils learn how to see different points of view.





## **Football Club**

At football club pupils have the opportunity to play 5 a side indoor football games.

- **Target year group(s):** S1/2 pupils
- **When it takes place:** Wednesday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Active Schools coach and senior pupils
- **Where it takes place:** Games hall



## Football Teams

### **U13 (S1), U14 (S2), U16 (S3/4) Football**

- U13-Both boys and girls welcome
- U14- Both boys and girls welcome
- U16- Boys only
- Matches on games nights as arranged.
- Please speak to Mr Scott, Mr Douglas and Mr Nicholson for more information

### **Under 18 Football**

- S5/S6 pupils
- Matches on games nights as arranged
- Please speak to Mr Scott for more information





## Girls Football

At girls football club pupils have the opportunity to play 5 a side indoor football games.

- **Target year group(s):** S1-6 pupils
  - **When it takes place:** Friday lunch time-1.10-1.40
  - **Member of staff responsible for activity:** Senior pupils
  - **Where it takes place:** Games hall
- 
- Matches on games nights as arranged
  - Please speak to Mr Scott and Mr Nicholson for more information



# Fitness Club

At fitness club pupils will have opportunity to keep fit, and develop different aspects of fitness whilst having fun.

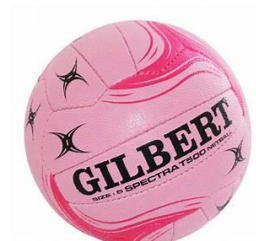
- **Target year group(s):** S1-6 pupils
- **When it takes place:** Monday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Mr Nicholson and senior pupils
- **Where it takes place:** Gym hall



**TAKE CARE OF  
YOUR BODY.  
IT'S THE ONLY  
PLACE YOU HAVE  
TO LIVE IN.**



## S1-6 Netball



**Senior Netball Club:**

**Target year group(s):** S3-6 Girls

**When it takes place:** Every Wednesday afterschool (3.30-5.00pm)

**Member of staff responsible for activity:** Miss Haile

**Where it takes place:** Games Hall



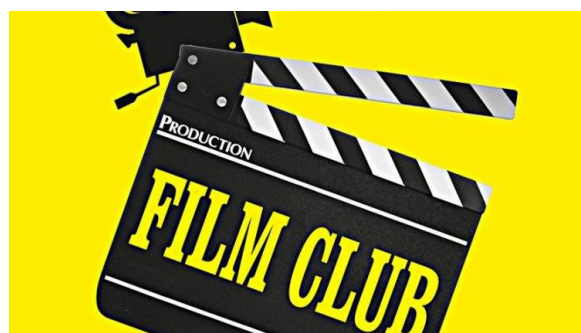
**Junior Netball Club:**

**Target year group:** S1-3 Girls

**When it takes place:** Every second Thursday afterschool (3.30-4.30pm)

**Member of staff responsible for activity:** Miss Haile and S4-6 Players

**Where it takes place:** Games Hall



# Film club

**Target year group(s):** S1-3 Pupils

**When it takes place:** Wednesday Lunch time

**Member of staff responsible for activity:** Ms Kell and senior pupils

**Where it takes place:** G2



# Basketball Club

- **Target year group(s):** S1-6 pupils
- **When it takes place:** Monday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Senior Pupils
- **Where it takes place:** Games hall

Mr Powell also delivers a senior basketball practice on Wednesday nights, 6:30-8:00pm. Please speak to Mr Powell for more information and before attending the club.





## School Sports Committee

- The sports committee a group of pupils who are passionate about sport and keen to promote sport and physical activity in the school and local community
- The sports committee organise and deliver sports events throughout the year in various locations.
- All S1-6 pupils welcome
- Pupils must speak to Mr Nicholson before joining the sports committee
- Meetings currently take place on Wednesday lunch times in F14-1.20-1.40



## Touch Rugby

- **Target year group(s):** S1-3 pupils
- **When it takes place:** Tuesday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Senior Pupils
- **Where it takes place:** The games hall





## Extra Study Support

All faculties in the school offer certain forms of additional help to pupils via extra sessions run after school or at lunchtime. In many cases, the help can be negotiated between individual pupils and their teachers as needs become clearer and more pressing as exams approach.

Pupils should speak to their class teachers for more information.







## Chess Club

At chess club pupils have the opportunity to learn and play chess. You do not need any previous experience of the game.

- **Target year group(s):** S1-6 pupils
- **When it takes place:** Tuesday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Mr Dames
- **Where it takes place:** F8



## Dance Club

- **Target year group(s):** S1-6 pupils
- **When it takes place:** Wednesday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Senior Pupils
- **Where it takes place:** The Gym Hall



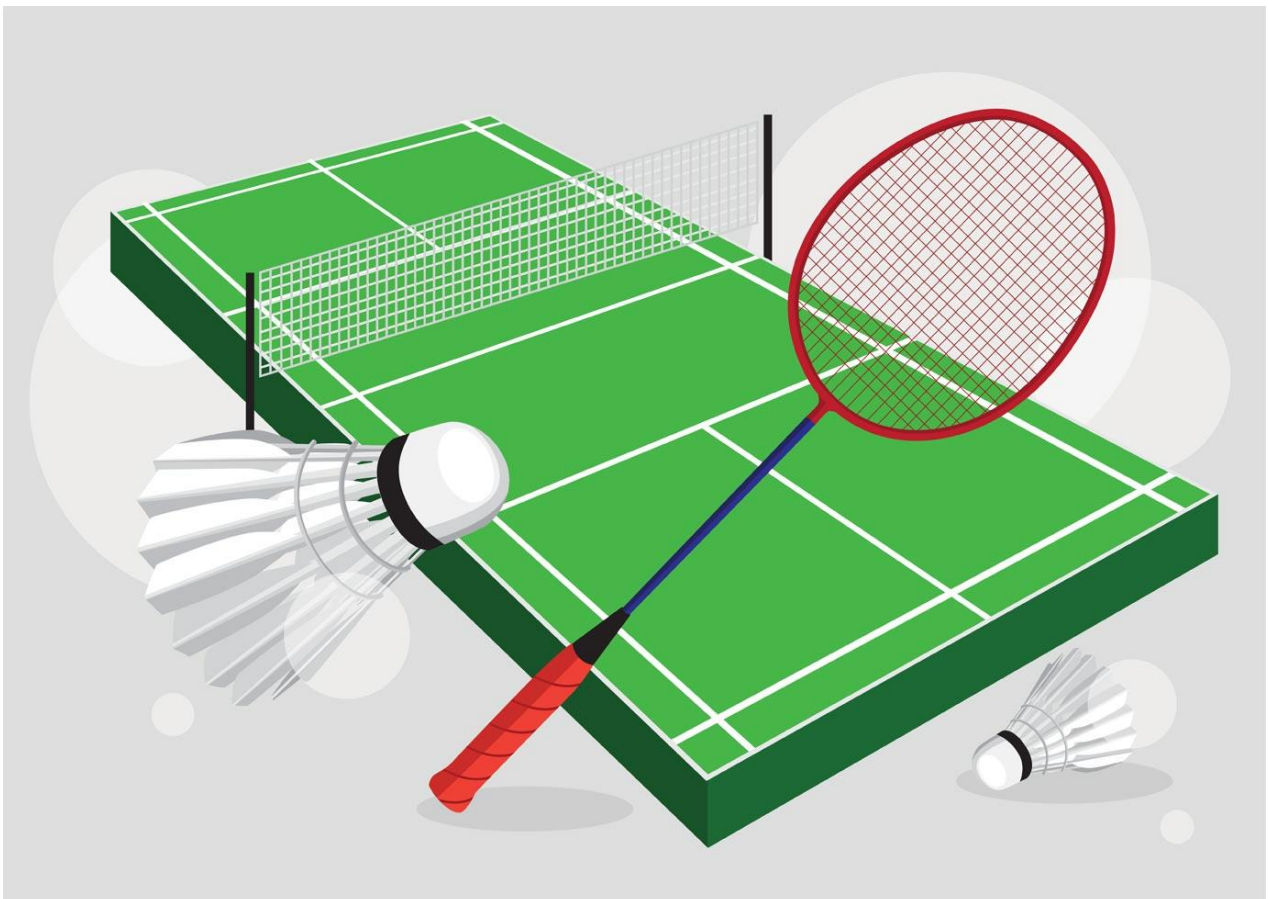
## Gymnastics Club

- **Target year group(s):** S1-6 pupils
- **When it takes place:** Thursday lunch time-1.10-1.40
- **Where it takes place:** Gym Hall



# Badminton Club

- **Target year group(s):** S1-6 pupils
- **When it takes place:** Thursday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Senior Pupils
- **Where it takes place:** Games Hall



## S1-2 STEM challenge club

At STEM challenge club pupils have the chance to take part in fun challenges and explore subjects like science, technology, engineering and maths in less formal setting.

- **Target year group(s):** S1-2 pupils
- **When it takes place:** Wednesday lunch time-1.10-1.40
- **Member of staff responsible for activity:** Miss Harrison
- **Where it takes place:** T41

