



Extra-Curricular Programme (Spring '19)

See what's
on offer

SPORTS

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Sports Leaders	Mrs Holliday	Wednesday	1	Gym
Trampolining - KS4	Mrs Trickett	Wednesday	AS	Gym
Trampolining - KS3	Mrs Trickett	Thursday	AS	Gym
Boccia & Table Cricket - Team Inspire	Mrs Croucher	Tuesday	AS	Gym
Boccia	Mrs Croucher	Friday	1	Gym
Badminton - KS3	Mr Green	Monday	1	Sports Hall
Badminton - All years	Mr Green	Monday	AS	Sports Hall
Badminton - KS4	Mr Anderson	Thursday	2	Sports Hall
NFL	Mr Davies	Tuesday	2	Sports Hall
Basketball Years – All years	MM	Friday	1	Sports Hall
Dodge Ball - All years	Mr Tidmarsh	Friday	2	Sports Hall
Netball - Years 7&8	Mrs Holiday	Monday	AS	Top Astro
Netball - Years 9, 10, 11	Miss Carruthers	Tuesday	AS	Top Astro
Hockey - KS3	Carlisle Hockey Club	Wednesday	AS	Top Astro
Hockey - KS4	Miss Balmer	Thursday	AS	Top Astro
Football – 5v5 Year 7	Mr Green	Wednesday	2	Sports Hall
Football - Years 7&9 Boys	Mr Tidmarsh/Mr Anderson	Wednesday	AS	Field
Football - Years 10&11 Boys	Mr Davies	Monday	AS	Field
Football - Girls	Carlisle United FC	Monday	AS	Field
Football - Team Inspire	Mrs Croucher	Tuesday	1	Sports Hall
Rugby - KS3	Mr Green	Tuesday	AS	Field
Rugby - Girls	SM	Tuesday	AS	Field
Rugby - KS4	Mr Green	Thursday	AS	Field
Cross Country	Mrs Holliday	Thursday	AS	Field
Fitness - All years	Mr Hands	Thursday	AS	Fitness Suite
Bike Skills	Ms Pigdon	Thursday	2	Bike Track
Unicycling	Mr Gibson	Friday	AS	Sports Hall/Yard
Academic Support	Mr Tidmarsh/Mr Green	Thursday	2	MED2

AS = After school



Make more of your break times ● Try something new today!



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MUSIC

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Flute Group	Mr Tugwell	Monday	1	PR1
Sax Group	Mr Tugwell	Monday	2	PR1
Wind Band	Mr Verry	Monday	AS	PA4
Clarinet Group	Mr Tugwell	Tuesday	2	PA1
Senior Singers	Mrs Hitch	Tuesday	AS	PA1
Brass Group	Mr Williams	Wednesday	1	PA1
Year 7 and 8 Singers	Mrs Hitch	Wednesday	2	PA1
String Group	Mr Verry	Thursday	1	PR4
Guitar Club	Mr Wood	Thursday	AS	PA2
Dance Band	Mr Verry	Friday	2	PA1

Surprise yourself!

PERFORMANCE

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Dance Troupe (starts late Nov)	Miss Serrechia	Monday	AS	PA3
Acro 1	Miss Serrechia	Monday	1	PA3
Acro 2	Miss Serrechia	Thursday	AS 3.25-4.15pm	PA3
Acro 3	Miss Serrechia	Thursday	AS 4.15-5pm	PA3
Drama Club (Years 7&8)	Miss Inglesfield	Tuesday	1	PA4
Trinity Musical Theatre & Drama Exams		Tuesday	AS	PA4
KS5 Trinity Exams		Monday	Lesson 2	
KS5 Tap Class	Miss Serrechia	Monday	Lesson 3	PA3

CREATIVE

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Sewing/Patchwork/Knitting	Mrs Brereton	Monday	1	E6
Art Club (KS3)	Miss McMurdo	Monday	2	A3
Textile Club	Mrs Clementson	Tuesday	1	T4
3D Print Club	Mrs Dixon	Tuesday	1	T6
Food Club	Miss McKenna	Tuesday	AS	T7

Belong and participate • Explore a new opportunity



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SCIENCE

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Science Club	Mrs Sullivan	Monday	AS	S4
STEM Club/ Tomorrow's Engineers	Ms Angland & Mr Gibson	Monday Thursday	AS	LP2
Triple Science KS4 workshop	Ms Garner	Monday	AS	S12
Biology KS4 workshop	Mrs Ling	Thursday Friday	2	S11
Chemistry KS4 workshop	Mrs Ling	Tuesday	2	S13
Chemistry KS5 workshop	Ms Garner	Monday	AS	S12

COMPUTING & MEDIA

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Code Club	Ms Angland	Monday & Wednesday	1	IT3
Digital Leaders	Ms Angland	Friday	2	IT3
Gaming Club (KS3)	Mr Booth	Wednesday	2	MED3

VARIETY

CLUB/ACTIVITY	MEMBER OF STAFF	DAY	TIME	WHERE
Open Spaces	Mrs Brereton & Ms Angland	Monday Tuesday Thursday Friday	2 2 1&2 1	Open Spaces Garden
Debating Club	Mr McAree	Friday	2	Lecture Theatre
Vegetarian Society	Mr Connolly	Monday	2	R2
Mindfulness / Colouring Club	Mr Connolly	Wednesday	2	R2
Just Looking - Christian Group		Thursday	2	R2
Open Minds	Ms Arthur	Wednesday & Friday	2	Study Centre
Amnesty Group	Ms Garner	Tuesday	2	6 Form Seminar
Mappo (Geography games)	Mrs Magson	Thursday	1	H1
Reading Group	Mrs Brereton	Monday	1	E6

AS = After school

Meet new friends ● Find fun where you didn't expect to