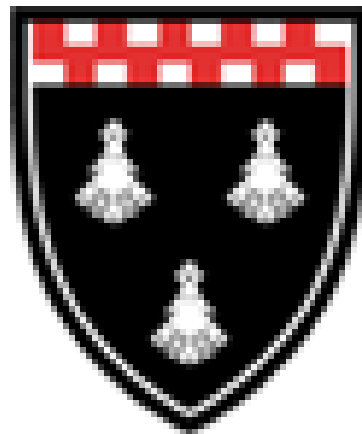




Ponteland Community High School Extra-curricular clubs, activities and trips

Summer Term 2022



Extra-curricular clubs, activities and trips

- Included in this brochure is information regarding:
 - 1) PE Department Activities
 - 2) Music Department Activities
 - 3) Other activities by day
 - 4) Study support sessions
 - 5) Use of the library and base areas.
 - 6) Educational trips and visits.
- Please note:
 - Sports training, practices and matches are seasonal and may change later in the year
 - Check the PE noticeboard or speak to the PE staff for updates throughout the school year.
 - We do our best to keep students informed but the best way to find out what is going on is to check the different noticeboards throughout the school and speaking to staff members who run different activities.
 - If information is not available or you are interested in a certain activity that is not included here, please talk to a teacher from that curriculum or subject area.

PE Department Enrichment, Physical Activity & School Sport Programme

Frequently Asked Questions

Enrichment activities are available for **ALL** students and we have tried to offer a wide range of activities to meet the needs of as many students as possible. Each session is designed for specific year groups and where all year groups are welcome, sessions will take place in individual year groups.

All sessions will begin around 3:30pm and finish by 4:30pm. Students must wear PE kit and bring appropriate footwear and protective equipment (i.e. shinpads, gum shields etc.). Students must arrive at the changing rooms and for new students ensure you remind your parents/carers that you are attending. At the end of the session you do not need to get changed into uniform but remember to take your belongings home with you. For those students attending morning sessions attend school in your PE kit but ensure you change into your uniform ready for school.

All students are welcome to all sessions but please be aware of the type of sessions we are offering. We are very hopeful that inter school competition will start soon and some students will be selected to represent the school in various teams. Students selected will be those who attend sessions or take responsibility for informing us of reasons why they are unable to attend.

Some sessions will involve staff from around the school who have kindly offered their time to support the programme as well as young leaders from 6th form and upper school who have expressed an interest in developing their leadership skills. We also have some additional coaches who will lead sessions specifically in certain sporting activities. We expect all students to respect the people leading the sessions






Please note that the following sessions require students to sign up prior to the session.

Trampolining (Monday & Wednesday) – Students will need to contribute €1 to the session and places are limited due to the safety reasons. If you wish to sign up you must complete the sign-up sheet in the Expressive Arts department (see Miss McIntosh)

Active Northumberland also host a Badminton session from 4:00pm – See the Active Northumberland App but this might be of interest to our Badminton students

PE Department Enrichment, Physical Activity & School Sport Programme

Enrichment Vision – Each session will be colour coded or include an ABCDE code

<p>Access</p> 	<p>Access enrichment sessions will be for students who like sport, who are motivated to take part because they enjoy competing against their friends. The score or the outcome is not important but the opportunity to take part is. For those students who attend these sessions, they will be rewarded for their commitment, participation, effort and attitude. These experiences may open opportunities for individuals to want to develop further</p>	<p>Sessions designed for students who want to play and participate for fun. Those students who attend must also behave in this particular way</p>
<p>Belong</p> 	<p>Belong enrichment sessions will be for students who lack confidence to participate in sessions with others but want to participate because they understand the impact physical activity can have on their general health and mental wellbeing as well as finding a sense of belonging.</p>	<p>For those students who wish to participate for fun and enjoyment and inclusively participate in sport.</p>
<p>Compete</p> 	<p>Compete enrichment sessions will be for students who are competitive in nature, who are physically able and mentally resilient because they thrive on performing and competing against others. Students who attend these sessions will enter a commitment to representing the school in competition for that chosen individual activity. These students, who will represent the school in fixtures and competition understand that they must behave implicitly at all times</p>	<p>Sessions designed for those students who wish to represent the school teams</p>
<p>Develop</p> 	<p>Develop enrichment sessions will be for students who like sport and want to play in competition. They are motivated to take part because they enjoy competing but may not always be fortunate enough to represent the school in teams and competition.. For those students who attend these sessions, they will be rewarded for their commitment, participation, effort and attitude with opportunities to participate in competitions relevant to their needs and level of ability to allow coaches and PE staff to support their development</p>	<p>These sessions are designed for students who aspire to improve and become a part of a school team</p>
<p>Enrich</p> 	<p>Enrich sessions will be for students who may not wish to compete but can benefit from additional opportunities that can enthuse others, develop personal character skills and improve their own leadership qualities through volunteering to lead and assist at enrichment practices and school festivals or officiate school fixtures/.</p>	<p>These session are designed for all students to inclusively participate in sport.</p>

PE Department Enrichment, Physical Activity & School Sport Programme

	Morning (8:00-8:45am)	Lunch (12:35-1:15pm)	After School (3:30-4:30pm)
Monday		Football (Y7-8) W1 Tennis Football (Y9-11) W2 Tennis	4G (Boots) MUGA (Trainers) 4G (Boots) MUGA (Trainers) Multi Skills (Invite Only) NUFC ● ● 4G (Boots)
Tuesday	Football (All Years) ● ● Running Club Tennis (All Years)	Football (Y9-11) W1 Tennis Football (Y7-8) W2 Tennis	4G (Boots) MUGA (Trainers) 4G (Boots) MUGA (Trainers) Touch Rugby (All Years) ● ● Rounders (Y7-Y8) ● ● Boys Cricket (Y7-Y8) ● ● ● Tennis (All Years) ● ● ● 4G (Boots) Field Sports Hall MUGA
Wednesday	Basketball (All Years) ● ● Sports Hall	Football (Y7-8) W1 Tennis Football (Y9-11) W2 Tennis	4G (Boots) MUGA (Trainers) 4G (Boots) MUGA (Trainers) Athletics (All Years) ● ● Boys Cricket (Y9-Y10) ● ● ● Golf (All Years) ● ● ● Tennis (All Years) ● ● ● Rounders (Y9-Y10) ● ● Outside Sports Hall Field MUGA Field
Thursday	Badminton (All Years) ● ● Sports Hall	Football (Y9-11) W1 Tennis Football (Y7-8) W2 Tennis	4G (Boots) MUGA (Trainers) 4G (Boots) MUGA (Trainers) Badminton ● ● Table Tennis ● ● Girls Cricket ● ● ● Cheerleading (Y7-Y8) ● ● Football (Y7-Y10) ● ● Sports Hall Assembly Hall MUGA Studio 2 4G
Friday	Cricket (All Years) ● ● Sports Hall	Football (Y7-9) W1 Tennis Football (Y9-11) W2 Tennis	4G (Boots) MUGA (Trainers) 4G (Boots) MUGA (Trainers)

PE Department Enrichment, Physical Activity & School Sport Programme

Week 2	Morning (8:00-8:45am)	Lunch (12:45-2:15pm)	After School (3:30-4:30pm)	
Monday		Basketball/Netball ●● Football (9-10) ●●	MUGA (Trainers) 4G (Boots)	Football (7-8) ●●● 4G (Boots) Trampoline (7) ●●● Hall Cheerleading (9-11) ●●● Studio 2 Badminton (4:00pm) ●● Sports Hall
Tuesday	Futsal (Year 7) ●●● Sports Hall Running Club ●●● Outside	Basketball/Netball ●● Football (7-8) ●●	MUGA (Trainers) 4G (Boots)	Rugby (Boys) ●●●● Field Hockey ●● MUGA Basketball ●●● Sports Hall Football (Girls Only) ●● 4G
Wednesday	Futsal (Year 8) ●●● Sports Hall	Basketball/Netball ●● Football (9-11) ●●	MUGA (Trainers) 4G (Boots)	Rugby (Girls) ●●●● Field/4G Trampoline (8-10) ●●● Hall Volleyball/Handball ●● Sports Hall Yoga ●●● Studio 2
Thursday	Badminton (All Years) ●●● Sports Hall	Basketball/Netball ●● Football (7-9) ●● Basketball ●●	MUGA (Trainers) 4G (Boots) Sports Hall	Football (9-10) ●●●● 4G Netball (7-13) ●●●● MUGA Table Tennis ●●● Hall Badminton ●●● Sports Hall Cheerleading (7-8) ●● Studio 2
Friday		Basketball/Netball ●● Football (9-11) ●●●	MUGA (Trainers) 4G (Boots)	Inclusive Sports ●● Sports Hall

Trampoline Club will include cost of £1 - external coach

Badminton Monday Evenings is organised through the Leisure Centre

Music Department Enrichment Activities Programme

Activity	When and Where	Ability	Additional Information
Monday			
Whistling Sheep	3.30 - 4.30pm M4	All Welcome	This group meets every fortnight. See music notice board for future dates.
Players Network	3.30 - 5.00pm	All Year	MP1 - 5. The 5 music practice rooms are available to us, please see Mr Noble / Miss Inkster to book
Tuesday			
Flute Group	1.45 - 2.25pm M4	Flute Players	All flute players welcome
Senior Choir	1.55 - 2.25pm M2	Years 10 - 13	
GCSE Music Catch up	3.25 - 4.25pm M2	Years 10 / 11	
Players Network	3.30 - 5.00pm	All Year	MP1 - 5. The 5 music practice rooms are available to us, please see Mr Noble / Miss Inkster to book
Wednesday			
Little Big Band	1.55 - 2.25pm M4	Members	
Junior Choir	1.45 - 2.15pm M3	Year 7 - 9	All are welcome
Theory Group Grade 5 +	3.25 - 4.25pm M2	All Welcome	This is an open session for students wishing to prepare for Grade 5 and upwards Music Theory
Players Network	3.30 - 5.00pm	All Year	MP1 - 5. The 5 music practice rooms are available to us, please see Mr Noble / Miss Inkster to book
Thursday			
Windband	1.55 - 2.25pm M4	Grade 3 +	
Ensemble	3.25 - 4.25pm M4	Up to Grade 3	All instrumentalist welcome
Players Network	3.30 - 5.00pm	All Year	MP1 - 5. The 5 music practice rooms are available to us, please see Mr Noble / Miss Inkster to book
Friday			
Theory Group Grade 1 - 4	1.45 - 2.25pm M3	All Welcome	This is an open session for students wishing to prepare for Grade 1 - 4 Music Theory
Players Network	3.30 - 5.00pm	All Year	MP1 - 5. The 5 music practice rooms are available to us, please see Mr Noble / Miss Inkster to book

Other Clubs and Activities

Monday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Fashion and Textiles Club	Ms Boe	13:45 – 14:15 (Wk 2 Only)	G14	Years 7-9	
Philosophy and Ethics Club	Ms Naylor	13:45 – 14:15	F17	Years 7-9	

Tuesday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Chess Matches	Ms Laws	15:25 – 16:00	Library	All	
Bake Off	Ms Wickham	15:25 – 16:30	G12	Years 7 and 8	
Gardening Club	Ms Gray & Mr Clayson	15:30 – 16:30 (Wk 2 Only)	G11 / Allotment	Years 7 and 8	
School Magazine	Ms Pounder and Ms Clarke	15:30 – 16:15	F20	Years 12 and 13	

Wednesday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Science Club	Ms Hegarty	13:45 – 14:15	G18	Years 7 and 8	
Kindness and Charity Club	Ms Baker and Ms Naylor	13:45 – 14:15	F17	Years 7 - 11	
KS3 Film Club	Mr Todd	15:30 – 16:15	Lecture Theatre	Years 7, 8 and 9	
KS3 Code Club	Mr Richardson	15:30 – 16:30 (Wk 1 Only)	S19	Years 7, 8 and 9	
Reading Club	Ms Emmerson	15:30 – 16:15 (Monthly)	F1	Years 10 - 13	

Other Clubs and Activities

Thursday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Chess Club	Ms Laws & Mr Wade	13:45 – 14:15	Library	7 - 11	
Politics and Debating Club	Ms Davison & Ms Stripp	13:45 – 14:15	S3	Years 10 and 11	
Creative Writing Club	Ms Metcalf	15:30 – 16:15	F25	Years 10 – 13	
Reading Club	Ms Emmerson	15:30 – 16:15 (Monthly	F1	Years 7, 8 and 9	With year 9 from P.P.S.

Friday

Activity	Run by	When	Where	Year Group(s)	Additional Information
Creative Writing Club	Ms Brewis & Ms Bambrough	13:45 – 14:15	F3	Years 7, 8 and 9	
Art Club	Ms Murphy & Ms Kemp	13:45 – 14:15 (Wk 1 Only)	G8	Years 7, 8 and 9	
KS4 + 5 Film Club	Mr Todd	13:45 – 14:15, 15:30 – 16:15	F22	Years 10 - 13	

Use of the Library and the Base

Our library area is a key hub of optional activities during break and lunchtime sessions.

Many students use this as an area for quiet reading whilst others prefer to enjoy one of the many board games available. There is an IT area close by where students can access their Google accounts to work on homework tasks. The library is also the home of our Chess Clubs that are attended by many.



Each year group also has an allocated space for our students to relax in a comfortable environment and enjoy the company of friends during social times.

For some students who need a quiet area to withdraw to or the support of specialist staff during a break or lunch time, the Base is available to meet their needs.



The Duke of Edinburgh Award Scheme

At Ponteland High School we offer the Bronze, Silver and Gold DofE award. We offer the Bronze DofE award in year 9, the Silver DofE award in year 10 and the Gold DofE award in 6th form or open Gold for those who wish to progress to Gold but who don't stay on for 6th form study.



We encourage our students to do their DofE – regardless of ability, gender, background or location. Achieving an Award isn't a competition or about being first. It's all about setting personal challenges and pushing personal boundaries. There are four sections to complete at Bronze and Silver level and five at Gold. They involve helping the community/environment, becoming fitter, developing new skills, planning, training for and completing an expedition and, for Gold only, working with a team on a residential activity.

Through our DofE programme young people have fun, make friends, improve their self-esteem and build confidence. They gain essential skills and attributes for work and life such as resilience, problem-solving, team-working, communication and drive, enhancing CVs, university and job applications. For further information Visit our school website under Extra Curricular activities > DofE

