

CWS Extra-Curricular Clubs Autumn 2021					
YEAR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	<p>SPORTS CLUBS 3:25-4:40pm Boys Football - 3G U13 Girls Football -3G Netball - Courts Development Gym - Main Hall</p> <p>CWS ORCHESTRA MUS2 3.25-4.30pm</p>	<p>SPORTS CLUBS 3:25-4:40pm Football Participation - 3G Basketball - Arena Pro Gym - Main Hall</p>	<p>SPEECH & DRAMA CLUB PA3 3.30-4.10pm</p> <p>VOCAL & UKULELE CLUB MUS2 3.30-4.30pm</p> <p>CHESS CLUB SCI10 3:25-4.15pm</p> <p>RUNNING CLUB HRF Building 3:30-4.15pm</p>	<p>MATHS CLUB MAT4 3.05-4.00pm</p> <p>DANCE CLUB HRF3 Dance Studio 3.30-4.30pm</p> <p>SPORTS CLUBS 3:25-4:40pm Cheerleading - Main Hall U13 Girls Football - 3G Girls Basketball - Arena</p>	<p>MATHS CLUB MAT7 3.05-4.00pm</p> <p>SPORTS CLUBS 3:25-4:40pm Foundation Gym - Main Hall</p>
8	<p>SPORTS CLUBS 3:25-4:40pm U13 Girls Football - 3G Development Gym - Main Hall</p> <p>CWS ORCHESTRA MUS2 3.25-4.30pm</p>	<p>SPORTS CLUBS 3:25-4:40pm Pro Gym - Main Hall</p>	<p>SPEECH & DRAMA CLUB PA3 3.30-4.10pm</p> <p>CHESS CLUB SCI10 3:25-4.15pm</p> <p>RUNNING CLUB HRF Building 3:30-4.15pm</p>	<p>MATHS CLUB MAT4 3.10-4.00pm</p> <p>DANCE CLUB HRF3 Dance Studio 3.30-4.30pm</p> <p>SPORTS CLUBS 3:25-4:40pm Cheerleading - Main Hall U13 Girls Football - 3G Girls Basketball - Arena Netball - Courts</p>	<p>MATHS CLUB MAT7 3.10-4.00pm</p> <p>SPORTS CLUBS 3:25-4:40pm U14 Basketball - Arena Boys Football - 3G Foundation Gym - Main Hall</p>

YEAR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	<p>CWS ORCHESTRA MUS2 3.25-4.30pm</p> <p>STEP INTO DANCE HRF3 Dance Studio 3.30-4.30pm (invite only)</p> <p>SPORTS CLUBS 3:25-4:40pm Development Gym - Main Hall</p>	<p>SPORTS CLUBS 3:25-4:40pm Pro Gym - Main Hall 9&10 Netball - Courts</p>	<p>SPEECH & DRAMA CLUB PA3 3.30-4.10pm</p> <p>CHESS CLUB SCI10 3:25-4.15pm</p> <p>SPORTS CLUBS 3:25-4:40pm U15 Girls Football - 3G</p> <p>RUNNING CLUB HRF Building 3:30-4.15pm</p>	<p>MATHS CLUB MAT4 3.15-4.00pm</p> <p>SPORTS CLUBS 3:25-4:40pm Cheerleading - Main Hall Boys Football - 3G Girls Basketball - Arena</p>	<p>MATHS CLUB MAT7 3.15-4.00pm</p> <p>SPORTS CLUBS 3:25-4:40pm U14 Basketball - Arena U15 Girls Football - 3G Foundation Gym- Main Hall</p>
10	<p>GCSE TEXTILES CLUB D&T4 3.20-4.20pm</p> <p>GCSE ART CLUB Art 1 3.20-4.20pm</p> <p>GCSE GRAPHICS CLUB Art 3 3.20-4.20pm</p> <p>CWS ORCHESTRA MUS2 3.25-4.30pm</p> <p>STEP INTO DANCE HRF3 Dance Studio 3.30-4.30pm (invite)</p> <p>SPORTS CLUBS 3:25-4:40pm Development Gym -</p>	<p>SPORTS CLUBS 3:25-4:40pm Pro Gym - Main Hall 9&10 Netball - Courts Boys Football - 3G</p>	<p>SPEECH & DRAMA CLUB PA3 3.30-4.10pm</p> <p>CHESS CLUB SCI10 3:25-4.15pm</p> <p>SPORTS CLUBS 3:25-4:40pm U15 Girls Football - 3G U16 Basketball - Arena</p> <p>RUNNING CLUB Meet at D&T3 3:30-4.15pm</p>	<p>MATHS CLUB MAT4 3.20-4.00pm</p> <p>SPORTS CLUBS 3:25-4:40pm Cheerleading - Main Hall Girls Basketball - Arena</p>	<p>MATHS CLUB MAT7 3.20-4.00pm</p> <p>SPORTS CLUBS 3:25-4:40pm U15 Girls Football - 3G Foundation Gym- Main Hall</p>

	Main Hall U16 Basketball - Arena				
YEAR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	CWS ORCHESTRA MUS2 3.25-4.30pm	SPORTS CLUBS 3:25-4:40pm Pro Gym - Main Hall	SPORTS CLUBS 3:25-4:40pm U18 Football - 3G U18 Basketball - Arena RUNNING CLUB HRF Building 3:30-4.15pm	SPORTS CLUBS 3:25-4:40pm Cheerleading - Main Hall Girls Basketball - Arena	

You must come to school in your kit any day you have physical activity (HRF, Games, Dance, Sports Clubs).

When attending an after school sports club you must meet your sports coaches outside the HRF building.

Benefits of doing Extra-Curricular Clubs

5 Key Findings:

- *Proven to improve academic performance
- *Allows you to explore other passions and interests
- *Improves mental well-being and self esteem
- *Builds friendships
- *Develop a wider range of skills