

EXTRA CURRICULAR ACTIVITIES AND TRANSPORT ROUTES CLYBIAU ALLGYRSIOL A TRAFNIDIAETH

EXTRA-CURRICULAR BUS ROUTES FROM MONMOUTH COMPREHENSIVE SCHOOL

MONDAY		WEDNESDAY	
Badminton	All years	Basketball	All years
Drama GCSE Support Club	Year 10	Dance	All years
Music Theory	All years	German KS3 Club	Y7 – Y9
Rowing (existing rowers)	See note below	Gymnastics	All years
Dodgeball (5x60)	Y7-9	Phoenix Wargaming club	All years
Table Tennis (5x60)	All years	Rowing (existing rowers)	see note below
TUESDAY		Rugby – Seniors	Y11 – Y13
Art & Design GCSE	Y10 & Y11	Chess Club (Room 45)	All years
Art Club	Y7 & Y8	THURSDAY	
Book Club	All years	Art and Design Club	Y10 & Y11
Business Studies GCSE Support	Y10 & Y11	Choir	All Years
Cartoon Club	Y7 – Y9	Cooking Club	Y7
Christianity (Week A)	All years	Drama – School Production Rehearsal	All years
Cross Country	All years	Engineering GCSE	Y11
Cross Fit	All years	Football Girls	All years
D & T KS5 practical sessions	Y12 & Y13	Geography Support Sessions	All years
D & T RMT	Y10 & Y11	Gospel Choir (Break Time)	All Years
Debate & Public Speaking Society	All years	Great Literature	Y10 – Y13
Drama – School Production Rehearsal	All years	History GCSE Support Sessions	Y10 – Y11
English GCSE catch up sessions	Y9 - Y11	Hockey	Y9 – Y13
Football	All years	Homework Club – Key Stage 3 and 4	All years
Geography Support Session	All years	ICT & Computer Science GCSE Support	Y10 & Y11
History GCSE Support Sessions	Y10 – Y11	MFL KS4 Support Sessions	Y10 & Y11
Hockey	Y7 – Y9	Muse/Creative Writing	All years
Homework Club – Key Stage 3 and 4	All years	Netball	Y7 & Y8
ICT & Computer Science GCSE Support	Y10 & Y11	Rowing (existing rowers)	See note below
Journalism and Media Club	All Years	Rugby – Union and League	All years
Maths AS/A2 support	Y12 & Y13	Science Club KS3	Y7 – Y9
Maths GCSE Support	Y10 & Y11	Sixth Form Period 6	Y12 & Y13
MFL KS4 Support Sessions	Y10 & Y11	Social Science Support (H&SC & Ch Dev) Week B	Y10 - Y13
Music – School Production Rehearsal	All years	Trampolining	All years
Music – String Group	All years	Virtual Spin	All years
Netball	Y9 – Y13	Welsh AS/A2 Speaking Session	Y12 & Y13
Percussion Ensemble	All years	FRIDAY	
Reading Club	Y7 – Y9	Fun Fitness Fridays (Before School)	All Years
Rowing (existing rowers)	See note below	Indoor Rowing (5x60)	Y7 & Y8
Sixth Form Period 6	Y12 & Y13	Orchestra	All Years
Social Science Support (Psychology research methods masterclass)	Y12 - Y13	Rowing (existing rowers)	See note below
Spanish KS3 Club	Y7 – Y9		
Welsh Club (Clwb Cymraeg)	Y7& Y8		
Welsh Full Course GCSE	Y10 & Y11		
Welsh GCSE Coursework Catch up	Y10 & Y11		
Rowing – Existing Rowers please see www.mcsbc.co.uk for full training programme			

EXTRA CURRICULAR ACTIVITIES AND TRANSPORT ROUTES CLYBIAU ALLGYRSIOL A TRAFNIDIAETH

Route 1: Rockfield → Newcastle → Skenfrith → Grosmont → Cross Ash → Llanvetherine
Route 2: Mitchel Troy → Dingestow → Raglan → Usk
Route 3: Staunton → Berry Hill → Five Acres → Coleford Clock Tower
Route 4: Turning for Penallt → Trellech → Llanishen

ACADEMY

Day	Activity	Venue	Time	Term Cost
Monday	Equine	Equestrian Centre	3:15 - 5:15pm	£96 (plus £10 transport)**
Tuesday	Tae Kwon Do	Dance Studio	3:10 - 4:10pm	£36**
Friday	Fencing	Sports Hall	3:10 - 4:10pm	£32.50**
Friday	Boxing	Dance Studio	3:10 – 4:10pm	£30

** As academies are provided by external coaches they may not run if insufficient students 'sign up'

New for Spring 2017 – Boxing

Delivered by



**EMPIRE
FIGHTING
CHANCE**



“We believe that boxing offers a broad appeal and important values to young people: discipline, respect, self-control, identity, a feeling of belonging and pride, amongst others. The adrenaline of combat sports also works in attracting young people to take part, offering life lessons from the training sessions and in the relationships between the pupils and the coach. In an approach that sees sport as a tool in the inclusion and development of young people, Empire creates champions inside and outside the ring through its project.”

<http://www.empirefightingchance.org/>

**EXTRA CURRICULAR ACTIVITIES
AND TRANSPORT ROUTES
CLYBIAU ALLGYRSIOL A TRAFNIDIAETH**

Spring Term 5x60 Activities at Monmouth Comprehensive School

Day	Activity	Venue	Time	Term Cost
Monday	Dodgeball Table Tennis	Squash Courts Dance Studio	3:10 - 4:10pm 3:10 - 4:10pm	FREE FREE
Tuesday	Cross Fit (Year 7-10)	School Gym	3:10 - 4:10pm	FREE
Wednesday	Sport4Life Leadership (Year 10-13)	Squash Courts	3:10 - 4:10pm	FREE
Thursday	Virtual Spin	Leisure Centre Café	3:10 - 4:10pm	FREE
Friday	Indoor Rowing (Year 7 & 8 only) 'Session aimed at a fun introduction to using the rowing machines and other cardio vascular / strength conditioning equipment. Please note no formal rowing coaching takes place in this session'	Leisure Centre Café	3:10 - 4:10pm	FREE

All sessions to commence w/c 9th January and Finish w/c 3rd April (12 weeks)
For further information please email Paul Sullivan
(Community and Sport Development Officer for Monmouth)
paulsullivan@monmouthshire.gov.uk

sportwales
chwaraeon cymru


monmouthshire
sir fynywy

 **Monmouth** | Ysgol Gyfun
Comprehensive School | Trefynwy

"Learning to Lead our Lives"

"Dysgu Trwy Arwain"

5x60
Ewch gyda'r llif
Get with it