

EXTRA CURRICULAR ACTIVITIES AND TRANSPORT ROUTES CLYBIAU ALLGYRSIOL A TRAFNIDIAETH

EXTRA CURRICULAR ACTIVITIES AUTUMN 2017			
MONDAY		WEDNESDAY	
PE Revision - GCSE & AS/A-Level	Year 10-13	Phoenix Wargaming club	All years
Rowing (existing rowers)	See note below	Rowing (existing rowers)	see note below
5x60 Dodgeball (Sports Hall)	Y7-9	Chess Club (Room 45)	All years
Percussion Ensemble	All years	#thisgirlcan fitness (lunch time)	All years
TUESDAY		Music Theory	All years
Art & Design GCSE	Y10 & Y11	THURSDAY	
Art Club – Invitation for Level 8/EP	Y9	Art and Design Club	Y10 & Y11
Book Club	All years	Choir	All years
Big Band (break time)	All years	Computer Club (Room 78)	Y7-9
Business Studies GCSE Support	Y10 & Y11	Drama School Production Rehearsal	All years
Christianity (Week A)	All years	Drama GCSE Support	Y10 & 11
Cross Country	All years	Engineering GCSE	Y11
D & T KS5 practical sessions	Y12 & Y13	Geography Support Sessions	All years
D & T RMT	Y10 & Y11	Great Literature (Room 37)	All years
Debate & Public Speaking Society	All years	History GCSE Support Sessions	Y10 – Y11
Drama Club	All years	Hockey	Y9 - 13
English GCSE catch up sessions (Room 39)	Y9 - Y11	Homework Club – Key Stage 3 & 4	All years
Football	All years	ICT & Computer Science GCSE Support	Y10 & Y11
Geography Support Session	All years	MFL KS4 Support Sessions	Y10 & Y11
History GCSE Support Sessions	Y10 – Y11	Muse (Room A8)	All years
Hockey	Y7 & 8	Music – School Production Rehearsal	All years
Homework Club – Key Stage 3 and 4	All years	Netball	Y7 & 8
ICT & Computer Science GCSE Support	Y10 & Y11	Rowing (existing rowers)	See note
Journalism and Media Club	All years	Rugby Union	All years
Maths AS/A2 support	Y12 & Y13	Sixth Form Period 6	Y12 & Y13
Maths GCSE Support	Y10 & Y11	Psychology GCSE Support & Revision	Y10 & 11
MFL KS4 Support Sessions	Y10 & Y11	5x60 Virtual Spin	All years
Music – School Production Rehearsal	All years	Welsh AS/A2 Speaking Session	Y12 & Y13
Music – String Group	All years	FRIDAY	
Netball	Y9 - 13	5x60 Indoor Rowing (Leisure Cafe)	Y7 & Y8
Percussion Ensemble	All years	Orchestra	All years
Public Speaking (Room 36)	All years	Rowing (existing rowers)	See note below
Reading Club (Room A9)	All years		
Rowing (existing rowers)	See note below		
Sixth Form Period 6	Y12 & Y13		
Social Science Support	Y12 - Y13		
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.msbc.co.uk for full training programme			

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EXTRA CURRICULAR TRANSPORT ROUTES
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

ACADEMIES

Day	Activity	Venue	Time	Term Cost
Monday	Equine	Equestrian Centre	3:15 - 5:15pm	£102 (plus £10 transport)
Tuesday	Tae Kwon Do	Dance Studio	3:10 - 4:10pm	£35
Friday	Fencing	Sports Hall	3:10 - 4:10pm	£35
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'. All academies are subject to review on a termly basis.

Boxing

Delivered by



“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/>