

FORMBY HIGH SCHOOL

Determined to Achieve



EXTRA-CURRICULAR

DIRECTORY

Autumn 2023



BREAKFAST ACTIVITIES

BREAKFAST ACTIVITIES				
	Students	Activity	Location	Staff
Monday	Year 11	GCSE Dance choreography	A2	Dance staff
Tuesday	Year 11	GCSE Dance choreography	A2	Dance staff
	Year 11	GCSE Core Spanish Writing	C8	Ms Lonsdale
Wednesday	Year 11	GCSE Dance theory	A2	Dance staff
	All years	Music Theory Breakfast	A1	Music staff
Thursday	All years	LAMDA rehearsals	Studio	Drama staff
	Year 11	GCSE Dance choreography	A2	Dance staff
Friday	Years 9 -10	GCSE Astronomy	L7	Mr Williams
	Year 11	GCSE Dance choreography	A2	Dance staff
	Year 13	A Level Drama Intervention	S3	Drama staff
	Years 10 - 11	Silver Arts Award Breakfast	A1	Mrs Harrocks Miss Dilworth

LUNCHTIME ACTIVITIES

LUNCHTIME ACTIVITIES				
	Students	Activity	Location	Staff
MONDAY	Year 7	Library lunchtime	Library	Mrs Ambrose
	Year 7 -11	Badminton/Volleyball	Sports Hall	Mrs O'Sullivan
	Years 7 - 9	KS3 Art Club	P1	Mrs Clark
	All years	Polyglots	C18	Miss Lonsdale
	All years	Tech Crew	Studio	Drama staff
	Year 7	Dance Club	A2	Mrs Whitehead
	Year 7/8	Panto rehearsal	Studio	Drama staff

TUESDAY	Year 11	Library lunchtime	Library	Mrs Ambrose
	Year 11	GCSE French Study Club	C7	Mrs Gibbons
	Year 8/9	Dance Club	A2	Mrs Harrocks
	All years	Tech Crew	Studio	Drama staff
	All years	String Group	A1	Music staff
	Year 7	Voiceworks (choir catch-up)	S3	Miss Dilworth
WEDNESDAY	Year 10	Library lunchtime	Library	Mrs Ambrose
	Years 9 -13	Mundo Afrika rehearsal	S3	Mr Cook
	Years 7 -11	Pride Club	O1	Miss Harding
	Years 12 - 13	KS5 Book Club	A5	Miss Oldham
	Years 12 - 13	BTEC intervention	O3/OTC	Mrs O'Sullivan
	Years 7 - 9	Creative Writing Club	O1	Mrs Gillespie Mrs Marl
	Year 11	Choreography	A2	Mrs Whitehead
	All years	Woodwind Group	A1	Mrs Wilkins
	Year 7 - 8	Panto rehearsal	Studio	Drama staff
	All years	Tech Crew	Studio	Drama staff
	All years	Lego Club	SEND Hub	Mrs Bevan
THURSDAY	Year 9	Library lunchtime	Library	Mrs Ambrose
	Years 7 – 8	Mathletes (week 1)	C2	Maths staff
	Years 9 -10	Mathletes (week 1)	A11	Maths staff
	All years	Tech Crew	Studio	Drama staff
	All years	The Works Orchestra	A1	Mrs Wilkins
	Year 7	Dance Club	A2	Mrs Whitehead
FRIDAY	Year 8	Library lunchtime	Library	Mrs Ambrose
	Years 11 - 13	GCSE PE / A level PE intervention	O3/OTC	Mrs Melia
	All years	Tech Crew	Studio	Drama staff
	All years	Music Appreciation	A1	Music staff
	Years 9-11	Music Theatre rehearsal (invite only)	A2	Mrs Harrocks

	Year 7/8	Panto rehearsal	Studio	Drama staff
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AFTER SCHOOL ACTIVITIES

AFTER SCHOOL ACTIVITIES				
	Students	Activity	Location	Staff
MONDAY	Years 7 - 9	KS3 Handball	Sports Hall	Mr Conchie Mr Hunt
	Years 7 - 8	Yoga	Gym	Mrs Parnell
	All years	Disney Pixar Film Night	Library	Mrs Ambrose
	Year 13	Music Technology recordings	A1	Mr Heatherington
	Year 11	GCSE Dance choreography	A2	Dance staff
	Year 7/8	Panto rehearsal	Studio	Drama staff
	All years	Latin	A12	Mrs Wake
	Years 11 - 13	GCSE and A Level Art drop-in	P1 P2	Art staff
TUESDAY	All years	Netball practice/matches	Sports Hall	Mrs Melia Mrs Perry
	All years	Table Tennis (28 places)	Gym	Dave Graham
	Years 7 - 10	Football	PE Staff	Fields
	Years 7 - 9	KS3 Fitness	Fitness suite	Mrs O'Sullivan
	Years 7 - 9	Computing Club	P4	Mr Murphy
	Years 7 - 10	Poetry Club	P10	Mrs Broomfield
	All years	Library study time	Library	Mrs Ambrose
	All years	Voiceworks choir	School Hall	Miss Dilworth
	Years 10 - 13	KS4 and 5 Dance Club	A2	Dance staff
	Year 7/8	Panto rehearsal	Studio	Drama staff
	Years 7 - 9	KS3 Illustration Club	P2	Miss Hargan
WEDNESDAY	All years	Basketball	Sports Hall	Dave Graham
	Years 7 - 9	Rugby	Field	LRO/Sports Leaders
	Years 7 - 9	Trampolining/Gymnastics (16 places)	Gym	Demi
	Years 7 - 9	Film Making Club	C18	Miss Edmonds
	All years	Cross Country	Field	Mrs Hannaway
	All years	Girls' football league matches	Field	Mrs Perry
	Years 10 - 13	KS4-5 Fitness	Fitness Suite	Mr Strong
	All years	Library study time	Library	Mrs Ambrose
	Years 9 - 11	National Online Book Club	Library	Miss Waters
	Years 9-11	Music Theatre rehearsal (invite only)	A2 / School Hall	Mrs Harrocks Miss Dilworth
	All years	Tech Crew	Studio	Drama staff
	Year 11	GCSE Drama intervention	S3	Miss Donlevy
	Year 11	GCSE Music Enhance	A1	Mrs Wilkins
	All years	Craft Club (invite only)	SEND Hub	Mrs Parry

THURSDAY	All years	Tennis (28 places)	Gym	Danny McShane
	All years	Skateboarding/scooterling (20 places)	MUGA	Rampworx
	All years	Boxing (28 places)	Sport Hall	Sid Siadankay
	All years	Library study time	Library	Mrs Ambrose
	All years	Chess Club	Library	Mrs Ambrose
	Year 11	GCSE Music Composition Clinic	A1	Mrs Wilkins
	Year 11	GCSE Dance Choreography	A2	Student-led
FRIDAY	Years 7 - 9	KS3 Futsal	Sports Hall	Mr Conchie Mr Hunt
	All years	Library study time	Library	Mrs Ambrose
	Years 9-11	Music Theatre rehearsal (invite only)	A2 / School Hall	Mrs Harrocks Miss Dilworth

SPORTS ACADEMY

Sport Academy is the PE and physical activity after-school programme providing the very best in extra-curricular sport education. Not only do we offer a wide range of recreational after-school clubs led by PE staff, but we also offer sessions, led by professional and experienced sports coaches. The sessions led by the external coaches will cost £30 for a 10-week programme (except skateboarding/scooterling - see**)

Each session will be after school and last 50 minutes immediately at the end of the school day. Enrolment will be termly (autumn/spring/summer) via ParentPay. (Please note, in the absence of a coach due to sickness, the session will roll over and be added on at the end of the 10-week programme.) These sessions are in green font on the attached timetable.

** The skateboarding/scooterling will be £100 for a 10-week programme (this can be paid as two lots of £50 on ParentPay) and will include the use of all of the equipment as well additional set up before/after session.

Recreational clubs led by PE staff will be 40 minutes after school. Sometimes, these clubs may be cancelled if a facility is required for a fixture, or due to poor weather. If this is the case, a Parent Mail / Class Charts will be sent out. For your child to take part in the PE staff clubs, please tick the 'consent' button on Class Charts when the teacher sends out details of the club. These sessions are in black font on the attached timetable. We will also run some lunchtime clubs from 12.30-1pm- please see attached.

Taking part in sport and physical activity should be an enjoyable experience as well as motivating and challenging. Our teachers and coaches will create a happy and relaxed teaching environment, that inspires the students to practise and enjoy learning new skills.

Clubs will run for a 10-week block every term. The Autumn Term clubs will run on the following weeks:

Week beginning:

18/9 25/9 2/10 9/10 16/10 30/10

6/11 13/11 20/11 27/11

SPORTS ACADEMY				
	Time	Activity	Location	Coach
TUESDAY	After school	Table tennis	Gymnasium	Dave Graham
WEDNESDAY	After school	Gymnastics	Gymnasium	Demi

	After school	Basketball	Sports Hall	Dave Graham
THURSDAY	After school	Tennis	Gym	Danny McShane
	After school	Skateboarding/scootering	MUGA	Rampworx
	After school	Boxing	Sports Hall	Sid Siadankay