



*Team*  
**KING'S**

**SPRING/SUMMER  
CO-CURRICULAR  
PROGRAMME**



## Welcome to our new co-curricular programme.

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This programme will provide you with details of all of our after-school clubs that are available for you to attend. Remember that regular attendance at one of our after-school clubs contributes towards your KS3 Graduation. Research tells us that those who participate in co-curricular activities achieve higher grades, and those who participate develop skills such as teamwork, communication and resilience - qualities that are highly regarded by colleges and employers.

We hope that you find a club that suits your interests. If you have any ideas for clubs that you would like to be included in future co-curricular programmes, please discuss them with your form tutor.



### SCHEDULE OF ACTIVITIES

DAY	CLUB	TIME	WHERE	WHO
<b>MONDAY</b>	Open Gym, Pump it up!	7.45am - 8.15am	Fitness Suite	All Year Groups
	Boys Basketball	7.45am - 8.15am	Sports Hall	Year 9
<b>TUESDAY</b>	Table Tennis	7.45am - 8.15am	Gym	Years 7-11
	Basketball	7.45am - 8.15am	Sports Hall	Year 8
	Science Club	2.35pm - 3.20pm	S2	Years 7-9
	Study Space	2.35pm - 3.20pm	LRC	All Year Groups
	Spanish Board Games Club	2.35pm - 3.20pm	H11	Years 7-11
	Boys Football	2.35pm - 3.30pm	Football Pitches	Years 9-10
	Choir	2.35pm - 3.30pm	Drama Room	All Year Groups
	KS3 Art Club	2.35pm - 3.35pm	A6	Year 7, 8 & 9
	Golden Hour	3.20pm - 4.00pm	LRC	Year 11
	<b>WEDNESDAY</b>	Open Gym, Pump it up!	7.45am - 8.15am	Fitness suite
Boys Basketball		7.45am - 8.15am	Sports Hall	Year 7
Strategy Club		2.35pm - 3.20pm	M5	All Year Groups
Study Space		2.35pm - 3.20pm	LRC	All Year Groups
Italian Club		2.35pm - 3.20pm	H10	Years 7-11
Code Club		2.35pm - 3.30pm	M10	Years 7-9
Boys Rugby		2.35pm - 3.30pm	Rugby Pitches	Year 9
Boys Rugby		2.35pm - 3.30pm	Rugby Pitches	Year 10
Girls Netball		2.35pm - 3.30pm	Netball Courts	Year 7
Girls Netball		2.35pm - 3.30pm	Netball Courts	Year 8
Y10 Art & Photography		2.35pm - 3.35pm	A6	Year 10
Grease - School Production		2.35pm - 4.30pm	Drama Room	All Year Groups
Duke of Edinburgh (Group 1)		2.40pm - 3.40pm	A5	Year 10 Bronze/Silver Participants
Golden Hour		3.20pm - 4.00pm	LRC	Year 11

### SCHEDULE OF ACTIVITIES

DAY	CLUB	TIME	WHERE	WHO	
<b>THURSDAY</b>	Open Gym, Pump it up!	7.45am - 8.15am	Fitness Suite	All Year Groups	
	Volleyball	7.45am - 8.15am	Gym	All Year Groups	
	Boys Basketball	7.45am - 8.15am	Sports Hall	Years 10-11	
	Study Space	2.35pm - 3.20pm	LRC	All Year Groups	
	Girls Netball	2.35pm - 3.30pm	Netball Courts	Year 10	
	Boys Rugby	2.35pm - 3.30pm	Rugby Pitches	Year 7	
	Boys Rugby	2.35pm - 3.30pm	Rugby Pitches	Year 8	
	Gymnastics & Dance Club	2.35pm - 3.30pm	Gym	All Year Groups	
	Rock Band	2.35pm - 3.30pm	Music Room	All Year Groups	
	Grease - School Production	2.35pm - 4.30pm	Drama Room	All Year Groups	
	Duke of Edinburgh (Group 2)	2.40pm - 3.40pm	A5	Year 10 Bronze/Silver Participants	
	Golden Hour	3.20pm - 4.00pm	LRC	Year 11	
	<b>FRIDAY</b>	Open Gym, Pump it up!	7.45am - 8.15am	Fitness Suite	All Year Groups
		Badminton	7.45am - 8.15am	Sports Hall	All Year Groups
Flautastic		7.50am - 8.20am	Music Room	All Year Groups	
Study Space		2.35pm - 3.20pm	LRC	All Year Groups	
Boys Football		2.35pm - 3.30pm	Football Pitches	Year 7	
Boys Football		2.35pm - 3.30pm	Football Pitches	Year 8	
Girls Football		2.35pm - 3.30pm	Football Pitches	Years 7-10	
Girls Rugby		2.35pm - 3.30pm	Rugby Pitches	All Year Groups	
GCSE Music		2.35pm - 3.30pm	A1	Year 10	

**MONDAY**

## OPEN GYM, PUMP IT UP!

<b>Day / time:</b>	Monday, 7.45am - 8.15am
<b>Where?</b>	Fitness Suite
<b>Who for?</b>	All Year Groups

### What will you get up to?

Start your day with a burst of energy and positivity by joining our early morning fitness club. Embrace the sunrise as you sculpt your body, boost your mood and set the tone for a successful day ahead.



## BOYS BASKETBALL

<b>Day / time:</b>	Monday, 7.45am - 8.15am
<b>Where?</b>	Sports Hall
<b>Who for?</b>	Year 9

### What will you get up to?

Could you be the next Michael Jordan? Start your day with a burst of energy and shoot for the stars. Experience the exhilaration of fast breaks, slam dunks and three-pointers as you hone your skills on the court.



**TUESDAY**

## TABLE TENNIS

<b>Day / time:</b>	Tuesday, 7.45am - 8.15am
<b>Where?</b>	Gym
<b>Who for?</b>	Years 7-11

### What will you get up to?

Is your hand to eye coordination slick and your reactions quick? Then table tennis is the club for you. Come along and play in a friendly competition regardless of your ability. Everybody will develop their game and enjoy the endless fun.



## BASKETBALL

<b>Day / time:</b>	Tuesday, 7.45am - 8.15am
<b>Where?</b>	Sports Hall
<b>Who for?</b>	Year 8

### What will you get up to?

Could you be the next Michael Jordan? Start your day with a burst of energy and shoot for the stars. Experience the exhilaration of fast breaks, slam dunks and three-pointers as you hone your skills on the court.

## SCIENCE CLUB

<b>Day / time:</b>	Tuesday, 2.35pm - 3.20pm
<b>Where?</b>	S2
<b>Who for?</b>	Years 7-9

### What will you get up to?

Explore the mysteries of the world of Science. It will open the doors to a world of discovery where curiosity knows no bounds and imagination becomes reality. Enjoy lots of different electrifying experiments that challenge your assumptions and unveil the mysteries of the universe.



## STUDY SPACE

<b>Day / time:</b>	Tuesday, 2.35pm - 3.20pm
<b>Where?</b>	LRC
<b>Who for?</b>	All Year Groups

### What will you get up to?

Where homework becomes victory! Come to the LRC to complete your homework in a focussed environment with access to a wide range of resources from books, articles and computers. Develop good study habits in a relaxed atmosphere, where staff are there to support you in an environment conducive to learning.

## SPANISH BOARD GAMES CLUB

<b>Day / time:</b>	Tuesday, 2.35pm - 3.20pm
<b>Where?</b>	H11
<b>Who for?</b>	Years 7-11

### What will you get up to?

An opportunity to have fun and use your new Spanish.



## CHOIR

<b>Day / time:</b>	Tuesday, 2.35pm - 3.30pm
<b>Where?</b>	Drama Room
<b>Who for?</b>	All Year Groups

### What will you get up to?

Singing in a group is great fun - everyone welcome!

## BOYS FOOTBALL

<b>Day / time:</b>	Tuesday, 2.35pm - 3.30pm
<b>Where?</b>	Football Pitches
<b>Who for?</b>	Years 9-10

### What will you get up to?

Love football or eager to learn? The Boys Football Club is the place to be after school! Open to all skill levels, our club is all about improving your game, staying active, and having fun with your teammates. From basic drills to exciting matches, you will develop your skills, build teamwork, and make great friends along the way. Whether you're aiming to score goals or just want to enjoy the beautiful game, come join us on the pitch and let's play some football!



## GOLDEN HOUR

<b>Day / time:</b>	Tuesday, 3.20pm - 4.00pm
<b>Where?</b>	LRC
<b>Who for?</b>	Year 11

### What will you get up to?

Golden Hour is the perfect opportunity for Year 11 students to take control of their revision in a quiet, focused environment. Whether you prefer to work independently or want access to high-quality resources, this session provides the ideal space to maximise your study time. Knowledgeable staff members are also on hand to offer guidance and support when needed. Make the most of Golden Hour to stay on track, build confidence, and achieve your best!

## KS3 ART CLUB

<b>Day / time:</b>	Tuesday, 2.35pm - 3.35pm
<b>Where?</b>	A6
<b>Who for?</b>	Year 7, 8 & 9

### What will you get up to?

If you have Art work, which you would like to complete, then why not bring it along to Art Club? Students in Year 7, 8 and 9 can bring any Art home learning to the session to use the materials and resources that we have available in school. This is a great opportunity to add to your sketch books and perfect the projects that you may have been completing in class.





**WEDNESDAY**

## OPEN GYM, PUMP IT UP!

<b>Day / time:</b>	Wednesday, 7.45am - 8.15am
<b>Where?</b>	Fitness Suite
<b>Who for?</b>	All Year Groups

### What will you get up to?

Start your day with a burst of energy and positivity by joining our early morning fitness club. Embrace the sunrise as you sculpt your body, boost your mood and set the tone for a successful day ahead.



## BOYS BASKETBALL

<b>Day / time:</b>	Wednesday, 7.45am - 8.15am
<b>Where?</b>	Sports Hall
<b>Who for?</b>	Years 7

### What will you get up to?

Could you be the next Michael Jordan? Start your day with a burst of energy and shoot for the stars. Experience the exhilaration of fast breaks, slam dunks and three-pointers as you hone your skills on the court.



## Y10 ART & PHOTOGRAPHY

<b>Day / time:</b>	Wednesday, 2.35pm - 3.35pm
<b>Where?</b>	A6
<b>Who for?</b>	Year 10

### What will you get up to?

If you are currently studying Art or Photography in Year 10, then you are welcome to come along every Wednesday after school to add to your portfolios. Mrs Coulson will be available to support with both her time and expertise, and you will be able to access all of the resources that you currently use during lesson time - including Photoshop.

## STRATEGY CLUB

<b>Day / time:</b>	Wednesday, 2.35pm - 3.20pm
<b>Where?</b>	M5
<b>Who for?</b>	All Year Groups

### What will you get up to?

Join us and unleash your inner strategist. Challenge your mind and immerse yourself in excitement and strategic gameplay. Dive into a world of endless possibilities, where every move shapes the outcome and every game is a new adventure.

## STUDY SPACE

<b>Day / time:</b>	Wednesday, 2.35pm - 3.20pm
<b>Where?</b>	LRC
<b>Who for?</b>	All Year Groups

### What will you get up to?

Where homework becomes victory! Come to the LRC to complete your homework in a focussed environment with access to a wide range of resources from books, articles and computers. Develop good study habits in a relaxed atmosphere, where staff are there to support you in an environment conducive to learning.

## ITALIAN CLUB

<b>Day / time:</b>	Wednesday, 2.35pm - 3.20pm
<b>Where?</b>	H10
<b>Who for?</b>	Year 7-11

### What will you get up to?

A chance to explore the language, culture and food of Italy. Join us weekly to learn more about the Italian language - a great way to impress your friends next time you go out for pizza!

## CODE CLUB

<b>Day / time:</b>	Wednesday, 2.35pm - 3.30pm
<b>Where?</b>	M10
<b>Who for?</b>	Years 9-10

### What will you get up to?

Learn to speak the language of the future and unlock the secrets of software, coding, computer games, animations and websites. This club will include competition opportunities such as Mission Zero. Come and join us and write your own code for success.

## GOLDEN HOUR

<b>Day / time:</b>	Wednesday, 3.20pm - 4.00pm
<b>Where?</b>	LRC
<b>Who for?</b>	Year 11

### What will you get up to?

Golden Hour is the perfect opportunity for Year 11 students to take control of their revision in a quiet, focused environment. Whether you prefer to work independently or want access to high-quality resources, this session provides the ideal space to maximise your study time. Knowledgeable staff members are also on hand to offer guidance and support when needed. Make the most of Golden Hour to stay on track, build confidence, and achieve your best!

## BOYS RUGBY

<b>Day / time:</b>	Wednesday, 2.35pm - 3.30pm
<b>Where?</b>	Rugby Pitches
<b>Who for?</b>	Years 9-10

### What will you get up to?

Embark on a journey of excellence with our very own Rugby coach. Rugby is not just a game but a way of developing friends, building character and working towards a goal. Be part of the rugby team and play against some talented opponents in challenging fixtures and competitions.



## GIRLS NETBALL

<b>Day / time:</b>	Wednesday, 2.35pm - 3.30pm
<b>Where?</b>	Netball Courts
<b>Who for?</b>	Years 7-8

### What will you get up to?

Come and play on court to develop your skills in a fast-paced game of netball that will develop your ability to pass, shoot and defend your way to victory. Unleash your competitive spirit on the netball court.

## GREASE - SCHOOL PRODUCTION

<b>Day / time:</b>	Wednesday, 2.35pm - 4.30pm
<b>Where?</b>	Drama Room
<b>Who for?</b>	All Year Groups

### What will you get up to?

Time to go back to the 1950s and slip on your dancing shoes. It's about to get all rock and roll! Our weekly rehearsals for the school play alternate from Wednesday to Thursday each week - it's "Grease Lightning"!



## DUKE OF EDINBURGH (GROUP 1)

<b>Day / time:</b>	Wednesday, 2.40pm - 3.40pm
<b>Where?</b>	A5
<b>Who for?</b>	Year 10 Bronze / Silver participants

### What will you get up to?

Open to all students who have already signed up for a summer of adventure. The club will run alongside your award and will contribute to developing new skills such as resilience, map reading, communication, team work and outdoor adventure.



**THURSDAY**

## OPEN GYM, PUMP IT UP!

<b>Day / time:</b>	Thursday, 7.45am - 8.15am
<b>Where?</b>	Fitness Suite
<b>Who for?</b>	All Years Groups

### What will you get up to?

Start your day with a burst of energy and positivity by joining our early morning fitness club. Embrace the sunrise as you sculpt your body, boost your mood and set the tone for a successful day ahead.

## VOLLEYBALL

<b>Day / time:</b>	Thursday, 7.45am - 8.15am
<b>Where?</b>	Gym
<b>Who for?</b>	All Years Group

### What will you get up to?

Looking for a fun and active way to spend your afternoons? The Volleyball Club is the perfect place for students of all skill levels to learn, play, and make new friends! Whether you're new to the game or a seasoned player, our friendly coach will help you improve your skills, from serving and spiking to teamwork and strategy. Meet up with us after school for exciting matches, drills, and a supportive team environment. Come ready to have fun, stay fit, and bring your A-game! Let's bump, set, and spike our way to victory!

## BOYS BASKETBALL

<b>Day / time:</b>	Thursday, 7.45am - 8.15am
<b>Where?</b>	Sports Hall
<b>Who for?</b>	Years 10-11

### What will you get up to?

Could you be the next Michael Jordan? Start your day with a burst of energy and shoot for the stars. Experience the exhilaration of fast breaks, slam dunks and three-pointers as you hone your skills on the court.

## STUDY SPACE

<b>Day / time:</b>	Thursday, 2.35pm - 3.20pm
<b>Where?</b>	LRC
<b>Who for?</b>	All Years Groups

### What will you get up to?

Where homework becomes victory! Come to the LRC to complete your homework in a focussed environment with access to a wide range of resources from books, articles and computers. Develop good study habits in a relaxed atmosphere, where staff are there to support you in an environment conducive to learning.

## DUKE OF EDINBURGH (GROUP 2)

<b>Day / time:</b>	Thursday, 2.40pm - 3.40pm
<b>Where?</b>	A5
<b>Who for?</b>	Year 10 Bronze / Silver participants

### What will you get up to?

Open to all students who have already signed up for a summer of adventure. The club will run alongside your award and will contribute to developing new skills such as resilience, map reading, communication, team work and outdoor adventure.

## BOYS RUGBY

<b>Day / time:</b>	Thursday, 2.35pm - 3.30pm
<b>Where?</b>	Rugby Pitches
<b>Who for?</b>	Years 7-8

### What will you get up to?

Embark on a journey of excellence with our very own Rugby coach. Rugby is not just a game but a way of developing friends, building character and working towards a goal. Be part of the rugby team and play against some talented opponents in challenging fixtures and competitions.

## GIRLS NETBALL

<b>Day / time:</b>	Thursday, 2.35pm - 3.30pm
<b>Where?</b>	Netball Courts
<b>Who for?</b>	Years 10

### What will you get up to?

Come and play on court to develop your skills in a fast-paced game of netball that will develop your ability to pass, shoot and defend your way to victory. Unleash your competitive spirit on the netball court.



## ROCK BAND

<b>Day / time:</b>	Thursday, 2.35pm - 3.30pm
<b>Where?</b>	Music Room
<b>Who for?</b>	All Years Groups

### What will you get up to?

Are you a guitarist? Drummer? Base Player? Do you want to take your love for music out of the classroom? Then come along and collaborate with like minded individuals and build confidence whilst performing all your favourite songs.

## GOLDEN HOUR

<b>Day / time:</b>	Thursday, 3.20pm - 4.00pm
<b>Where?</b>	LRC
<b>Who for?</b>	Year 11

### What will you get up to?

Golden Hour is the perfect opportunity for Year 11 students to take control of their revision in a quiet, focused environment. Whether you prefer to work independently or want access to high-quality resources, this session provides the ideal space to maximise your study time. Knowledgeable staff members are also on hand to offer guidance and support when needed. Make the most of Golden Hour to stay on track, build confidence, and achieve your best!



## GREASE - SCHOOL PRODUCTION

<b>Day / time:</b>	Thursday, 2.35pm - 4.30pm
<b>Where?</b>	Drama Room
<b>Who for?</b>	All Year Groups

### What will you get up to?

Time to go back to the 1950s and slip on your dancing shoes. It's about to get all rock and roll! Our weekly rehearsals for the school play alternate from Wednesday to Thursday each week - it's "Grease Lightning"!

## GYMNASTICS & DANCE CLUB

<b>Day / time:</b>	Thursday, 2.35pm - 3.30pm
<b>Where?</b>	Gym
<b>Who for?</b>	All Years Groups

### What will you get up to?

Come and join the club: learn new dance styles and have a go at gymnastics. Improve your fitness whilst boosting your confidence and relieving stress. Challenge yourself to learn a routine each week and choreograph your own dance style. A time to shine!





## OPEN GYM, PUMP IT UP!

<b>Day / time:</b>	Friday, 7.45am - 8.15am
<b>Where?</b>	Fitness Suite
<b>Who for?</b>	All Years Groups

### What will you get up to?

Start your day with a burst of energy and positivity by joining our early morning fitness club. Embrace the sunrise as you sculpt your body, boost your mood and set the tone for a successful day ahead.



## BADMINTON CLUB

<b>Day / time:</b>	Friday, 7.45am - 8.15am
<b>Where?</b>	Sports Hall
<b>Who for?</b>	All Year Groups

### What will you get up to?

Join the Badminton Club and experience the thrill of swift rallies, precise shots and friendly competition on the court. Come and join us in the Sports hall and smash your way to success.

## FLAUTASTIC

<b>Day / time:</b>	Friday, 7.50am - 8.20am
<b>Where?</b>	Music Room
<b>Who for?</b>	All Years Group

### What will you get up to?

Our weekly group for flute players is a great way to get together with likeminded people with a love for woodwind instruments.



## STUDY SPACE

<b>Day / time:</b>	Friday, 2.35pm - 3.20pm
<b>Where?</b>	LRC
<b>Who for?</b>	All Year Groups

### What will you get up to?

Where homework becomes victory! Come to the LRC to complete your homework in a focussed environment with access to a wide range of resources from books, articles and computers. Develop good study habits in a relaxed atmosphere, where staff are there to support you in an environment conducive to learning.



## BOYS FOOTBALL

<b>Day / time:</b>	Friday, 2.35pm - 3.30pm
<b>Where?</b>	Football Pitches
<b>Who for?</b>	Years 7-8

### What will you get up to?

Love football or eager to learn? The Boys Football Club is the place to be after school! Open to all skill levels, our club is all about improving your game, staying active, and having fun with your teammates. From basic drills to exciting matches, you will develop your skills, build teamwork, and make great friends along the way. Whether you're aiming to score goals or just want to enjoy the beautiful game, come join us on the pitch and let's play some football!

## GIRLS FOOTBALL

<b>Day / time:</b>	Friday, 2.35pm - 3.30pm
<b>Where?</b>	Football Pitches
<b>Who for?</b>	Years 7-10

### What will you get up to?

Calling all girls who love football or want to give it a try! Our Girls Football Club is the perfect place to learn new skills, stay active, and have a great time with friends. Whether you are new to the game or have some experience, all skill levels are welcome. Our club focuses on teamwork, technique, and most importantly, having fun on the field. Come be part of an empowering and supportive team - let's score some goals together!



## GIRLS RUGBY

<b>Day / time:</b>	Friday, 2.35pm - 3.30pm
<b>Where?</b>	Rugby Pitches
<b>Who for?</b>	All Years Group

### What will you get up to?

Embark on a journey of excellence with our very own Rugby coach. Rugby is not just a game but a way of developing friends, build character and working towards a goal. Be part of the rugby team and play against some talented opponents in challenging fixtures and competitions.



## GCSE MUSIC

<b>Day / time:</b>	Friday, 2.35pm - 3.30pm
<b>Where?</b>	A1
<b>Who for?</b>	Year 10

### What will you get up to?

A bespoke club designed for our GCSE Year 10 music students.



**THE KING'S**

**K**

**The King's School**

Mill Hill Lane, Pontefract WF8 4JF

**T:** 01977 601701

**W:** [kings.patrust.org.uk](http://kings.patrust.org.uk)

**E:** [admin@kings.patrust.org.uk](mailto:admin@kings.patrust.org.uk)

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