



*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
MONDAY	Open Gym, Pumpit up!	7.40am - 8.20am	Fitness Suite	All Year Groups
TUESDAY	Open Gym, Pumpit up!	7.40am - 8.20am	Fitness Suite	All Year Groups
	Table Tennis	7.40am - 8.20am	Gym	All Year Groups
	Basketball	7.40am - 8.20am	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
	Choir	2.35pm - 3.30pm	Drama Room	All Year Groups
	Athletics Training	2.35pm - 3.30pm	Field	All Year Groups
	KS3 Art Club	2.35pm - 3.35pm	A6	Years 7-9
	Golden Hour	3.20pm - 4.00pm	LRC	Year 11
WEDNESDAY	Open Gym, Pump it up!	7.40am - 8.20am	Fitness suite	All Year Groups
	Boys High Jump	7.40am - 8.20am	Field	Year 9-10
	Boys Basketball	7.40am - 8.20am	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
	Rounders	2.35pm - 3.30pm	Field	All Year Groups
	Table Tennis	2.35pm - 3.30pm	Gym	All Year Groups
	Y10 Art & Photography	2.35pm - 3.35pm	A6	Year 10

SCHEDULE OF ACTIVITIES				
DAY	CLUB	TIME	WHERE	WHO
WEDNESDAY	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
THURSDAY	Open Gym, Pump it up!	7.40am - 8.20am	Fitness Suite	All Year Groups
	Girls High Jump	7.40am - 8.20am	Field	All Year Groups
	Boys Basketball	7.40am - 8.20am	Sports Hall	Years 9-10
	KS3 Creative and Journalistic Writing	2.35pm - 3:20pm	E5	KS3
	Study Space	2.35pm - 3.20pm	LRC	All Year Groups
	Gymnastics & Dance Club	2.35pm - 3.30pm	Gym	All Year Groups
	Rock Band	2.35pm - 3.30pm	Music Room	All Year Groups
	Athletics Training	2.35pm - 3.30pm	Field	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
	Open Gym, Pump it up!	7.40am - 8.20am	Fitness Suite	All Year Groups
	Boys High Jump	7.40am - 8.20am	Field	Year 8
FRIDAY	Netball	7.40am - 8.20am	Netball Courts	All Year Groups
	Flautastic	7.50am - 8.20am	Music Room	All Year Groups
	Study Space	2.35pm - 3.20pm	LRC	All Year Groups
	Y10 Engineering Achieve	2.35pm - 3.25pm	A10	Year 10
	GCSE Music	2.35pm - 3.30pm	A1	Year 10

MONDAY

# OPEN GYM, PUMP IT UP!

Day / time:	Monday, 7.40am - 8.20am
Where?	Fitness Suite
Who for?	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.





TUESDAY

# OPEN GYM, PUMP IT UP!

Day / time:	Tuesday, 7.40am - 8.20am
Where?	Fitness Suite
Who for?	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.

# TABLE TENNIS

Day / time:	Tuesday, 7.40am - 8.20am
Where?	Gym
Who for?	All Year Groups

**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

Day / time:	Tuesday, 7.40am - 8.20am
Where?	Sports Hall
Who for?	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 you skills on the court.

# SCIENCE CLUB

Day / time:	Tuesday, 2.35pm - 3.20pm
Where?	S2
Who for?	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

Day / time:	Tuesday, 2.35pm - 3.20pm
Where?	LRC
Who for?	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

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

**What will you get up to?**  
An opportunity to have fun and use your new Spanish.





# CHOIR

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

**What will you get up to?**  
Singing in a group is great fun - everyone welcome!

# ATHLETICS TRAINING

Day / time:	Tuesday, 2.35pm - 3.30pm
Where?	Field
Who for?	All Year Groups

**What will you get up to?**  
Improve your strength, speed, and endurance in a fun and supportive environment.



# KS3 ART CLUB

Day / time:	Tuesday, 2.35pm - 3.35pm
Where?	A6
Who for?	Year 7-9

**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.



# GOLDEN HOUR

Day / time:	Tuesday, 3.20pm - 4.00pm
Where?	LRC
Who for?	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!





# OPEN GYM, PUMP IT UP!

Day / time:	Wednesday, 7.40am - 8.20am
Where?	Fitness Suite
Who for?	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 HIGH JUMP

Day / time:	Wednesday, 7.40am - 8.20am
Where?	Field
Who for?	Year 9-10

**What will you get up to?**  
Join our boys’ high jump training to master technique and reach new heights! We’ll help you improve your jump and boost your confidence.

# BOYS BASKETBALL

Day / time:	Wednesday, 7.40am - 8.20am
Where?	Sports Hall
Who for?	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.



# STRATEGY CLUB

Day / time:	Wednesday, 2.35pm - 3.20pm
Where?	M5
Who for?	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

Day / time:	Wednesday, 2.35pm - 3.20pm
Where?	LRC
Who for?	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

Day / time:	Wednesday, 2.35pm - 3.20pm
Where?	H10
Who for?	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

Day / time:	Wednesday, 2.35pm - 3.30pm
Where?	M10
Who for?	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.





# ROUNDERS

Day / time:	Wednesday, 2.35pm - 3.30pm
Where?	Field
Who for?	All Year Groups

**What will you get up to?**  
Add here Come and join the PE department on the field for the thrill of competition, the joy of improvement and the satisfaction of being part of a winning team.

# TABLE TENNIS

Day / time:	Wednesday, 2.35pm - 3.30am
Where?	Gym
Who for?	All Year Groups

**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.

# Y10 ART & PHOTOGRAPHY

Day / time:	Wednesday, 2.35pm - 3.35pm
Where?	A6
Who for?	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.

# GREASE - SCHOOL PRODUCTION

Day / time:	Wednesday, 2.35pm - 4.30pm
Where?	Drama Room
Who for?	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)

Day / time:	Wednesday, 2.40pm - 3.40pm
Where?	A5
Who for?	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.

# GOLDEN HOUR

Day / time:	Wednesday, 3.20pm - 4.00pm
Where?	LRC
Who for?	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!



# THURSDAY



## OPEN GYM, PUMP IT UP!

Day / time:	Thursday, 7.40am - 8.20am
Where?	Fitness Suite
Who for?	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.

## GIRLS HIGH JUMP

Day / time:	Thursday, 7.40am - 8.20am
Where?	Field
Who for?	All Year Groups

**What will you get up to?**  
Join our girls’ high jump training to master technique and reach new heights! We’ll help you improve your jump and boost your confidence.



# BOYS BASKETBALL

Day / time:	Thursday, 7.40am - 8.20am
Where?	Sports Hall
Who for?	Years 9-10

**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.

# KS3 CREATIVE & JOURNALISTIC WRITING

Day / time:	Thursday, 2.35pm - 3.20pm
Where?	E5
Who for?	KS3

**What will you get up to?**

This is a creative writing club, which includes engaging writing prompts, storytelling exercises, and journalistic challenges, allowing students to develop their creativity, experiment with different writing styles, and refine their skills in both fiction and non-fiction writing.



# STUDY SPACE

Day / time:	Thursday, 2.35pm - 3.20pm
Where?	LRC
Who for?	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.



# GYMNASTICS & DANCE CLUB

Day / time:	Thursday, 2.35pm - 3.30pm
Where?	Gym
Who for?	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!



# ROCK BAND

Day / time:	Thursday, 2.35pm - 3.30pm
Where?	Music Room
Who for?	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.

# ATHLETICS TRAINING

Day / time:	Thursday, 2.35pm - 3.30pm
Where?	Field
Who for?	All Years Groups

**What will you get up to?**  
Improve your strength, speed, and endurance in a fun and supportive environment.

# GREASE – SCHOOL PRODUCTION

Day / time:	Thursday, 2.35pm - 4.30pm
Where?	Drama Room
Who for?	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 2)

Day / time:	Thursday, 2.40pm - 3.40pm
Where?	A5
Who for?	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.

# GOLDEN HOUR

Day / time:	Thursday, 3.20pm - 4.00pm
Where?	LRC
Who for?	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!







# OPEN GYM, PUMP IT UP!

Day / time:	Friday, 7.40am - 8.20am
Where?	Fitness Suite
Who for?	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.

# BOYS HIGH JUMP

Day / time:	Friday, 7.40am - 8.20am
Where?	Field
Who for?	Year 8

**What will you get up to?**  
Join our girls’ high jump training to master technique and reach new heights! We’ll help you improve your jump and boost your confidence.

# NETBALL

Day / time:	Friday, 7.40am - 8.20am
Where?	Netball Courts
Who for?	All Year Groups

**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.

# FLAUTASTIC

Day / time:	Friday, 7.50am - 8.20am
Where?	Music Room
Who for?	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

Day / time:	Friday, 2.35pm - 3.20pm
Where?	LRC
Who for?	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.

# Y10 ENGINEERING ACHIEVE

Day / time:	Friday, 2.35pm - 3.25pm
Where?	A10
Who for?	Year 10

**What will you get up to?**  
This is an invitation only session. It will provide Y10 Engineering students with core knowledge to support their studies in their Engineering lessons.

# GCSE MUSIC

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

**What will you get up to?**  
A bespoke club designed for our GCSE Year 10 music students.





THE KING'S

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**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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