



Cardinal Pole Catholic School

Extra- Curricular program 2024-2025

SPRING



Over the year you will have access to **over 70** different extra-curricular activities



Extracurricular activities are important because:

- They help students explore their passions and career interests.
- Students develop real-life skills by participating in extracurricular activities
- Extracurriculars strengthen your college and university application by showing your talents, achievements, and involvement.
- It's easy to make friends through extracurriculars, as you meet people who share your interests and hobbies.
- They provide a break from school and a chance to have fun and relax.
- Participation in extracurriculars is linked to higher academic performance, as students learn to balance their time and prioritise their tasks.

Be sure to look out for...

- Table tennis
- PSG Football
- Book Club
- STEM
- Basketball before school!!!
- Cooking Club
- Rock band
- Coding Club
- Embroidery Club



Study Space

- A reminder that there is a staffed study space for students in both KS3 and Ks4.
- Study Space is open for students on a Monday-Thursday

Ks3 – Room F013

Ks4- Room J113



Expectations

- It is expected that all students take part in at least two extracurricular activities this term.
- Sign up is via Evolve – your parents will be sent a sign-up email link and frequent reminders.
- Do not sign up for more than two activities a week.
- There are great activities on offer, so be sure to look at the programme carefully before you choose.



NEW PE EXTRA CURRICULAR TIMETABLE

	MON	TUE	WED	THU	FRI
Astro		PSG Football Y9-11 Boys 3.00-4.15pm	PSG Football Girls All Years 3.00-4.15pm	PSG Football Year 8-9 Boys 3.00-4.15pm	PSG Football Year 7 Boys 3.00-4.15pm
PLAYGROUND	Netball EWA Y7A+B (Invitational)	Out Runners (Girls all years)		Girls Boxing	
SPORTS HALL	Trampoline KGA Table Tennis MCR	Basketball (Hackney Jedis) Coach Rich Y7-9 Boys 3-4pm Seniors 4-5pm	Netball EWA Y9-11 (Compulsory for GCSE PE Pupils)	Netball EWA Y7-8	Basketball (Hackney Jedis) Coach Rich Y7-10 Girls 3-4pm Seniors 4-5pm
Gym			Fitness MCR	Fitness CTU	Fitness MCR
OTHER			Morning Basketball BPO Y7-10 Girls 7.30-8.20am	Morning Basketball BPO Y9-11 Boys 7.30-8.20am	Morning Basketball BPO Y7-8 Boys 7.30-8.20am

Girls Boxing

Thursday 3.00 – 4.00p

Coach Athena



Girls Basketball Year 7-10

Wednesday Morning
Basketball Mr Power
7.30-8.20am

Fridays
3.00 – 4.00 pm
Sports Hall
Hackney Jedi Basketball Club
Coaches





Senior Basketball Year 10 & 11

13

Boys and Girls

Tuesdays 4.00 – 5.00pm & Fridays 4.00 – 6.00pm

Sports Hall

Hackney Jedi Basketball Club Coaches



Boys Basketball Year 7-9

Tuesdays

3.00 – 4.00 pm

Sports Hall

Hackney Jedi Basketball Club Coaches

Friday Morning Basketball

Mr Power

Y7-8 Boys

7.30-8.20am

EVERETT JEDI' BASKETBALL



Boys Basketball Year 9-11

Thursday Morning Basketball

Mr Power

7.30-8.20am

Y7-10 Girls Football Session with PSG

Wednesdays 3.15 – 4.15pm

Astro

PSG Coaches

NEW PARTNERSHIP



Y7 Boys Football Session with PSG

Fridays 3.15 – 4.15pm

Astro

PSG Coaches



NEW PARTNERSHIP



Y9-11 Boys Football Session with PSG

Tuesdays 3.15 – 4.15pm

Astro

PSG Coaches



NEW PARTNERSHIP



Y8-9 Boys Football Session with PSG

Thursdays 3.15 – 4.15pm

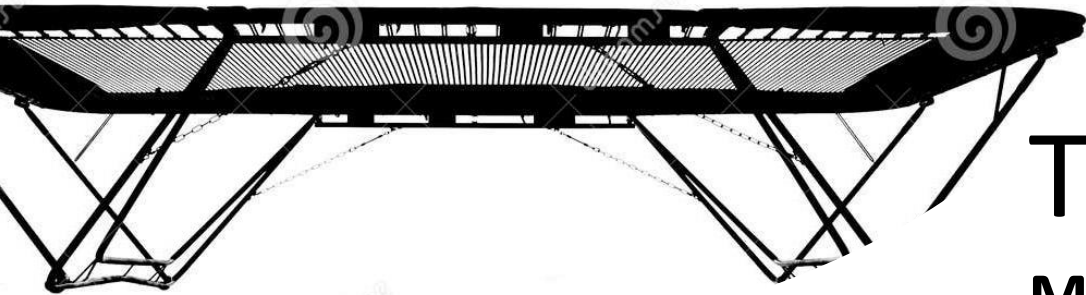
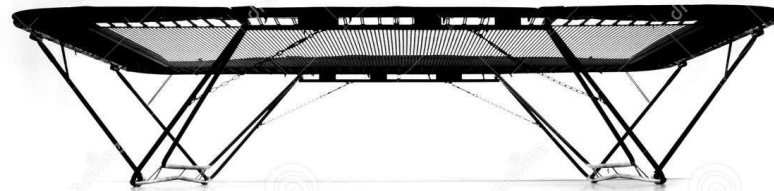
Astro

PSG Coaches



NEW PARTNERSHIP



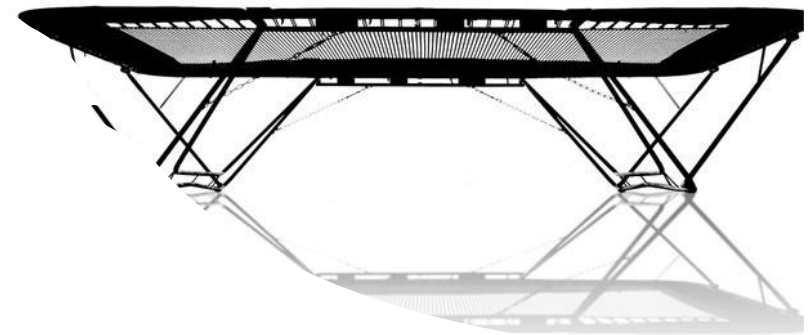


Trampoline

Mondays

3.00 – 4.00pm

Sports Hall



Girls Netball

Mondays 3.00 – 4.00pm
Years 7-8
(Invitation Only)



Wednesdays 3.00 – 4.00pm
Years 9-11

Thursdays 3.00 – 4.00pm
Years 7-8





Table Tennis

- Mondays 3.00 – 4.00pm
- Sports Hall



Fitness- Gym

WED	THU	FRI
Fitness MCR	Fitness CTU	Fitness MCR

Extra-Curricular offer



KS3 Study Space - Year 7 and 8	Everyday	15:00 - 16:00	Mr. Stewart	F019
KS4 Study Space - Year 9,10 and 11	Everyday	15:00 - 16:00	Mr. Stewart	J113
Chess Club	Everyday	12:45 - 13:15	Mr. Bielicki	T028
Coding Club	Mon	12:45 - 13:15	Ms. Imo	J114
Year 7 Bible Study	Mon	12:45 - 13:15	Ms. Fernandes	F013
Senior Gym	Mon	15:00 - 16:00	Ms. Garnham	gym
Maths Club	Mon	15:00 - 16:00	Math's Department	J113
GeoFlix (Film Club)	Mon	15:00 - 16:00	Geography Department	T031
Hockey with Mr. Crossley	Mon	15:00 - 16:00	Mr. Crossley	Muga
Netball Year 9-11	Mon	15:00 - 16:15	Ms. Walker	Sports hall
Junior Choir - Year 7,8&9	Tue	12:45 - 13:15	Ms. McElroy	Music Room
Olympic Weightlifting	Tue	15:00 - 16:00	Mr. McDaid	Gym
Basketball - Year 7-9 (Hackney Jedis)	Tue	15:00 - 16:00	Mr. McDaid	sports hall
PSG - Year 9-11	Tue	15:00 - 16:15	Mr. McDaid	Muga
Basketball - Senior Basketball (Hackney Jedis)	Tue	16:00 - 18:00	Mr. McDaid	Sports hall
Basketball (Morning) - Girls Basketball	Wed	07:30 - 08:20	Mr. Power	Sports hall
MFL Study Club	Wed	15:00 - 16:00	MFL Department	F014
Year 7-8 Gym	Wed	15:00 - 16:00	Mr. Crossley	gym
Chess Club (Afterschool)	Wed	15:00 - 16:00	Mr. Bielicki	T128
Year 10 Flame	Wed	15:00 - 16:00	Ms. Fernandes	J112
Cooking	Wed	15:00 - 16:00	Ms. Kord	Food Room
PSG - Girls	Wed	15:00 - 16:15	Ms. Walker	Muga
Basketball (Morning) - Year 9-11	Thu	07:30 - 08:20	Mr. Power	sports hall
Senior Choir	Thu	12:45 - 13:15	Ms. McElroy	Music Room
Philosophy Club	Thu	12:45 - 13:15	Mr. Tamas	T126
Embroidery and Cross-stitch	Thu	12:45 - 13:15	Ms. Hargreaves	J202
Duke of Edinburgh	Thu	15:00 - 16:00	Mr. McDaid	T031
Rockband	Thu	15:00 - 16:00	Mr. Bielicki	T120
PSG - Boys Year 8 and 9	Thu	15:00 - 16:15	Neil McDaid	Muga
Basketball (Morning) - Year 7-8 Basketball	Fri	07:30 - 08:20	Mr. Power	sports hall
Basketball - Girls (Hackney Jedis)	Fri	15:00 - 16:00	Mr. McDaid	sports hall
PSG - Boys Year 7	Fri	15:00 - 16:15	Mr. McDaid	Muga