



Courage Term 2024 Extended Day Timetable – **those completely in RED are fully subscribed**

**ADVANCED WARNING – NO CLUBS ON MONDAY 8<sup>th</sup> JULY due to SPORTS DAY**

<b>MONDAYS</b>	HOME End of school day	<b>Supervised Study</b> Y7-11 Futures Hub  BCR	<b>School Production</b> Y7-11 Drama  NGR	<b>Art</b> Elm Y2-4 SGE	<b>Mini Movers Ballet</b> YrR Apple <b>Collect at 15:50</b> <b>Dance &amp; Beyond</b> £15.50/month	<b>Mindfulness Colouring</b> Y1-3 Hazel LPS	<b>Bored Games Club</b> Y4-6 Willow  GBE	<b>Film Club</b> Y1-6 Cedar  £15 ABD
		<b>Recorder Club</b> Y1-6 MT  HDS	<b>Dungeons &amp; Dragons &amp; Art2</b> Y7-11 Art2 £2  ALN	<b>Designers Studio</b> Y7-11 DT1 £5  RCR	<b>KS3 Dance Club</b> Y7-9 Dance  ICT	<b>CFS Team Netball Training</b> Y3-6 Mile  LSN	<b>Rep-Tylers</b> Y1-3 Cherry £65 <b>c</b> Rep-Tylers	
		<b>CFS Team Table Tennis/Badminton Training</b> Y7-10 SH  BPS	<b>Word Search &amp; Puzzles league</b> Y3-6 Birch  MPY	<b>Stichtopia</b> Y7-9 DT2 £5  TPE	<b>Cheerleading</b> Y7-11 Carmelite £66  Hell Cats	<b>Girls Ball Skills</b> Yr1-6 MUGA £51.70  Activ8		



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<b>TUESDAYS</b>	<b>HOME</b> End of school day	<b>Supervised Study</b> Y7-11 Futures Hub  CTE	<b>Art Open Workshop</b> Y7-9 Art3 £5 JHS	<b>Coding Club</b> Y7-10 IT  ESL	<b>MFL Club</b> Y7-11 MFL1  ANN/RCN	<b>TTRS League</b> Y5-6 Beech  KLS	<b>LEGO</b> YR-4 Primary Dining £51  Mighty Oak Events	<b>Orchestra/Band</b> Y5-11 MT  HDA	<b>Games Club</b> Y1-2 Oak  CRS	<b>Film Club</b> Y1-6 Cedar £15  JIE
		<b>School Production</b> Y7-11 Drama  NGR	<b>STEM</b> Y7-9 Sc1 £5  CBH	<b>Contemporary Dance</b> Y1-3 PS1 £66 Miss Emmy	<b>Anxiety Workshop</b> Y7-8 The Den £60  Avocado Project	<b>Star Voices</b> Y2-6 Chestnut £40  Kuckoo Theatre	<b>Hunters Lodge Riding Centre Pony Club</b> Y2-5 Hunters Lodge Riding Centre  Important Information in activity description £17/session	<b>Writers Club</b> Y7-9 Eng5  SYG	<b>Colouring Club</b> Y2-4  ABD	
		<b>CFS Team Cricket Training</b> Y7-9 SH ROY/PFR	<b>Cooking Club</b> Y7 FT2 £20  ARL	<b>CFS Team Hockey Training</b> Y5-8 MUGA (Y9-10 coaching, see below) £12 RAL/NEN	<b>Roundnet</b> Y7-11 Tarmac  GDN	<b>SATS</b> Y6 Birch Invite only 4 weeks ONLY  RWN	<b>Forest School</b> Y1-3 FS £80 Woodland Wonderers Dates below	<b>DodgeBall</b> Y4-6 Carmelite £54  Kickstars	<b>CFS Team Rugby Training</b> Y7-10 Mini astro/Off site  MTG/LBT	



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<b>WEDNESDAYS</b>	<b>HOME</b> End of school day	<b>Supervised Study</b> Y7-11 Futures Hub <b>SLT</b>	<b>WITT FITT: Strong Squad</b> Y 7-11 <b>Witt Fitt</b> Off-site back at 5pm <b>£90</b> (+£12 travel cost payable on ParentPay)	<b>LEGO</b> YR-4 <b>Primary Dining</b> <b>£51</b> <b>Mighty Oak Events</b>	<b>Football</b> Y4-6 Muga <b>£54</b> <b>Kick Stars</b>	<b>CFS Team Netball</b> Y7-9 <b>Tarmac</b>  <b>SNN</b>
		<b>Hip Hop</b> Y7-10 Dance <b>£60</b> <b>RnB Dance</b>	<b>Knitting</b> Y7-11 Intervention Room <b>CEA</b>	<b>Commercial Dance</b> Y3-6 Drama Studio <b>£60</b> <b>RnB Dance</b>	<b>Film Club</b> Y1-6 Cedar  <b>£15</b> <b>JIE</b>	<b>Games Club</b> Y7-11 LSA Office  <b>£15</b> <b>ABD</b>
		<b>CFS Boys Team Basketball Training</b> Y7-10 SH <b>£18</b> <b>Titans</b>	<b>Multi Sports</b> YR-3 Mini Astro <b>£56.40</b>  <b>Activ8</b>	<b>Forest School</b> Y4-6 FS <b>£80</b> <b>Woodland Wonderers</b> <u>Dates Below</u>	<b>CPD</b>	



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<b>THURSDAYS</b>	HOME End of school day	<b>Supervised Study</b> Y7-11 Futures Hub  GCK	<b>Chess League</b> Y5-11 MFL2 RCN/IMZ	<b>History, Ancient History &amp; Classics</b> Yr7-9 HUMS2  CKE		<b>Football Club</b> YR Mini Astro £54 <b>Collect at 1600</b> Kick Stars	<b>Homework Club</b> Y5-6 Maple  RWN	<b>Film Club</b> Y1-6 Cedar £15  ABD	
		<b>GCSE Dance Choreography</b> Y10-11 PS1  ICT	<b>Ballet &amp; Lyrical</b> Y1-3 Drama Studio £15.50/month <b>Dance &amp; Beyond</b>	<b>Guitar Sessions</b> Y7-10 HUMS3 MGS	<b>Lego Coding Club</b> Y3-4 Sycamore  DWE	<b>Doodle Challenge</b> Y4-6 Rowan  JWN		<b>Debate, Government &amp; Judiciary Team</b> Y10-11 Eng3  JRL	
		<b>CFS Team Athletics (jump/throw)</b> Y7-9 MUGA ROY	<b>CFS Team Hard Ball Cricket Training</b> Y7-9 SH JLG/SPS/GDN	<b>CFS Running Team Training</b> Y7-10 Off site DGN	<b>Ukulele Club</b> Y5-8 MT HDS		<b>Southern Karate Organisation</b> Y1-6 Carmelite £5.50/session  Sama Karate		<b>CCF</b> Y8-11 See below about joining Courtyard RCK/CHN

**ADVANCE WARNING: NO CLUBS ON THURSDAY 11<sup>th</sup> JULY**



**ADVANCE WARNING: NO CLUBS ON FRIDAY 12<sup>th</sup> July**

<b>FRIDAYS</b>	HOME End of school day	<p><b>Film Club</b> Y1-6 Chestnut <b>£15</b> <b>ABD</b></p>		<p><b>Choir</b> Y5-11 MT  <b>HDS</b></p>
		<p><b>Tap &amp; Funky Jazz &amp; Lyrical</b> Y1-6 PS1 Dance &amp; Beyond <b>£15.50/month</b></p>	<p><b>Olympic Sports Club</b> Y3-6 Carmelite Active8  <b>£51.70</b></p>	
		<p><b>CFS Team Cricket Training</b> Y5-6 Sports Hall  <b>JGR</b></p>	<p><b>Football</b> <b>Y1-3</b> MUGA Kick Stars <b>£49.50</b></p>	



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## Activity Descriptions.

### KS1 Activities

**Art Club – Years 2-4;** Come along and learn to draw/sketch and paint.

**Contemporary Dance & Yoga with Miss Emmy and team - Years 1-3;** *Everyone must book! Let's get moving, let's get creative!* A fun and exciting contemporary class for little movers, they will be learning movement combinations with creative exploration! Dance, be creative and have fun! Yoga at the end of each class to stretch those muscles that have been working hard, a great way to end the day! **Once booked you are agreeing to pay the full cost of £66.00 for the term.**

**Colouring Club – Year 2-4;** Immerse yourself in colouring.

**Games Club - Years 1-2;** Come along and have the opportunity to play games old and new! Learn something new or teach others one of your favourites. This includes board and card games.

**Film Club - Years 1-6;** Chill out and watch the latest available PG Films. **Subscription for this term is £15 (for each separate weekday).**

**Football with Kick Stars - Years 1-3 & 4-6 & YR;** This club is run by our provider Kick Stars. The theme will be a repeating two-week program, week one will always be skills based (increased week on week) with week 2 being a team tournament putting skills into practise. Get the very best advice on improving your football skills and fitness. The club is run on the school's Astro pitch come rain or shine so appropriate clothing must be worn at all times. **Cost for the term is £54 (Wed & Thurs) & £49.50 (Fri) to be paid direct to Kick Stars. IMPORTANT: THURSDAYS RECPTION CLUB collection is at 1600hrs**

**GIRLS Ball Skills with Activ8 - Years 1-6;** This club is provided by Activ8. Perfect your ball skills for different sports be it football, cricket, netball, basketball. The club is run on the school's Astro pitch come rain or shine so appropriate clothing must be worn at all times. **Once booked you are agreeing to pay the full cost of £51.70 to be paid direct to Activ8.**



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**Lego Club – Years R-4;** An important development club encouraging fine motor skills and simple construction decisions while enhancing social skills in a safe and secure manner. Mighty Oak Events is an external provider. **Once booked you are agreeing to pay the full-term cost of £51 (Tues) £51 (Weds)** payable to Mighty Oak Events.

**Mindfulness Colouring - Years 1-3;** Come and relax and do some peaceful mindful colouring.

**Mini Movers Ballet – Year R;** Beginners ballet for tiny people. Uniform is required for further details please contact [Veronica@danceandbeyond.com](mailto:Veronica@danceandbeyond.com) cost for this club is £15.50 per month. **IMPORTANT: Collection from school is at 15:50**

**Multi-sports (not football) with Activ8 - Years R-3;** Learn a variety of team sports which help build confidence, balance, hand-eye co-ordination. This is an outside club whatever the weather, please wear appropriate all-weather clothing. **Once booked you are agreeing to pay the full cost of £56.40 to be paid direct to Activ8.**

**Hunters Lodge Riding Centre Pony Club - Years 2 - 6;** – This is a club for those who can walk, trot, canter off the lead and JUMP ONLY. Applications for this club is by email to [smoon@chichesterfreeschool.org.uk](mailto:smoon@chichesterfreeschool.org.uk) not bookable on school cloud. Payment is for a 30 minute (paid in advance) group riding lesson with Hunters Lodge Riding Centre. **COST is £102** (6-week first Half term) **and £102** (6 weeks second half term) non-refundable. Your child must be in suitable clothing for riding a horse, this includes long bottoms, footwear with a block heel such as a welly boot, and gloves. A riding hat will be provided at the centre, hair must be appropriately tied back. This is an all-weather club; the centre has both inside and outside arenas however we may not always be inside if the weather is bad. Please do dress your child appropriately. Unfortunately, this is a prepaid club and missed sessions will not be refunded. Payment for the club is by cash only, and must be paid to Sharon of Hunters Lodge Riding School prior to the term commencing. The riding centre and school will not tolerate any disruptive or disrespectful behaviour. Please be aware that umbrellas and push chairs are not allowed on the yard at any time (due to spooking some of the horses).

**Recorder Club – Years 1-6;** Join the recorder club and play in the music concerts.

**Rep-Tylers Club – Years 1-3;** Join Rep-Tylers to learn first-hand about a different species every week. **Cost for this term is £65 paid direct to Rep-Tylers. ADVANCED WARNING: not the 13<sup>th</sup> May**



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**Southern Karate Organisation – Years 1-6;** please book in on school cloud including existing members A disciplined non-contact karate club. An external provider, Sama Karate, run this club. This is a turn up and pay club and a weekly payment of **£5.50** cash is required on the day. After 4 weeks of initial settling in a payment of £24 is required to join the club and includes insurance. Uniform can be bought from the club ranging from £23-£60. This club works towards Karate grading, which occurs every other month at a different location at a cost of £20, belts are £5 and can be bought on the day of grading once they have been awarded.

**Star Voices – Years 2-6;** Join Katy, director of Kuckoo Theatre, and learn to sing. Star Voices also supports our Head of Music in concerts and events. **Cost of the term is £40.00 payable direct to Kuckoo Theatre.**

**Tap & Funky Jazz & Lyrical Dance OR Ballet & Lyrical with Dance & Beyond - Years 1-6 and 1-3;** Dance to high energy, upbeat music and cultivate your inner rhythm by learning both Tap and Funky Jazz routines! In these classes you will develop coordination, fitness and a stronger confidence to perform! Uniform and tap shoes are required for further details please contact [Veronica@danceandbeyond.com](mailto:Veronica@danceandbeyond.com) **cost for this club is £15.50 per month.**

**Woodland Wanders Forest Club – Years 1-3; This club finishes at 5pm.** **IMPORTANT – This does not start until 23<sup>rd</sup> April.** There will be lots to keep your child entertained at forest school club and each week we will be offering something different for the children to learn, make and do. Ranging from fire lighting using a flint and steel, campfire cooking such as marshmallows, damper bread and pastries on sticks, using tools such as saws and peelers to make fun woodcraft items to take home, playing games, exploring, pond dipping, natural crafts and much more. You will require Wellies and thick socks, appropriate outdoor clothing (as they will be outside whatever the weather) and a water bottle. Payment of **£80** must be paid direct to Jen of Woodland Forest School before the first session otherwise Jen will not accept you onto the club. **DATES 23<sup>rd</sup>, 30<sup>th</sup> April, 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> May, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> 25<sup>th</sup> June, 2<sup>nd</sup> July (10 weeks in total)**





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## **KS2 Activities**

**Art Club – Years 2-4;** Come along and learn to draw/sketch and paint.

**Bored Games - Years 4-6;** Join in for some games that will not include being BORED!

**Colouring Club – Year 2-4;** Immerse yourself in colouring.

**CFS Team Netball Training -Years 3-6;** – Learn to play netball and then in years 5-6 play in fixtures for CFS!

**CFS Team Cricket Training - Years 5-6;** Learn to play tag rugby and then play in fixtures for CFS!

**Choir – Year 5-11;** singing just for fun.

**Chess League - Years 5-11;** Come and learn the strategies of playing chess. Play a game to be in the CFS Championship League; who will be crowned Chess Master at the end of the term.

**Contemporary Dance & Yoga with Miss Emmy and team - Years 1-3;** *Everyone must book! Let's get moving, lets get creative!* A fun and exciting contemporary class for little movers, they will be learning movement combinations with creative exploration! Dance, be creative and have fun! Yoga at the end of each class to stretch those muscles that have been working hard, a great way to end the day! **Once booked you are agreeing to pay the full cost of £66 for the term.**

**Commercial Junior Jazz Dance Club with RnB Dance - Years 3-6;** learn and perform routines to your favourite tunes with Rachael from RnB Dance. **The cost is £60 for the term to be paid direct to RnB Dance.**

**DodgeBall with Kickstars – Years 4-6;** Be the true underdog story and come and join Luke to learn the 4 skills of Dodgeball (dodge, duck, dip, dive) – unlike the film its with sponge balls! **Cost for the term is £54 paid direct to Kick Stars.**



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**Doodle Challenge – Years 4-6;** If you enjoy drawing, then this is the club for you! Each week, you will be given a doodle challenge which will require you to create doodles using a variety of techniques, tools, and subject matter.

**Film Club - Year 1-6;** Chill out and watch the latest available PG Films. **Subscription for this term is £15 (for each separate weekday).**

**Football with Kick Stars - Years 1-3 & 4-6 & YR;** This club is run by our provider Kick Stars. The theme will be a repeating two-week program, week one will always be skills based (increased week on week) with week 2 being a team tournament putting skills into practise. Get the very best advice on improving your football skills and fitness. The club is run on the school's Astro pitch come rain or shine so appropriate clothing must be worn at all times. **Cost for the term is £54 (Wed & Thurs) & £49.50 (Fri) to be paid direct to Kick Stars.**

**GIRLS Ball Skills with Activ8 - Years 1-6;** This club is provided by Activ8. Perfect your ball skills for different sports be it football, cricket, netball, basketball. The club is run on the school's Astro pitch come rain or shine so appropriate clothing must be worn at all times. **Once booked you are agreeing to pay the full cost of £51.70 to be paid direct to Activ8.**

**Homework Club Years 5-6;** Homework club provides KS2 children with the chance to access technology to complete their Sparx Maths homework, as set by their class teacher. Additionally, children can consolidate their learning on TTRS, Rollama or Accelerated Reader. Mrs Wilson will be at hand to support children if they need further help with understanding the concepts set in the homework tasks. This club is a great opportunity to prepare Year 5 and 6 children for the Supervised Study provision in Secondary.

**Hockey/Lacrosse Club Years 5-8;** Sports with a stick! Hockey and Lacrosse- sticks on the floor and sticks up high! Duster hockey, Indoor hockey, Astro hockey, 5 A-Side hockey, Teamed Lacrosse Box Lacrosse... the options are numerous! For years 5-8 There will be CFS Team Fixtures this year! **Cost for the term is £12. Anyone in Year 9-10 who would like to be a coach in hockey (great for the volunteering part of DofE please email Mr Angell on [rangell@chichesterfreeschool.org.uk](mailto:rangell@chichesterfreeschool.org.uk))**

**Hunters Lodge Riding Centre Pony Club - Years 2 - 6;** – This is a club for those who can walk, trot, canter off the lead and JUMP ONLY. Applications for this club is by email to [smoon@chichesterfreeschool.org.uk](mailto:smoon@chichesterfreeschool.org.uk) not bookable through School Cloud. Payment is for a 30 minute (paid in advance) group riding lesson with Hunters Lodge Riding Centre. **COST is £102 (6-week first Half term) and £102 (6 weeks second half term) non-refundable.** Your child must be in suitable clothing for riding a horse, this includes long bottoms, footwear with a block heel such as a welly boot, and gloves. A riding hat will be provided at the centre, hair must be appropriately tied back. This is an all-weather club; the centre has both inside and outside arenas however we may not



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always be inside if the weather is bad. Please do dress your child appropriately. Unfortunately, this is a prepaid club and missed sessions will not be refunded. Payment for the club is by cash only, and must be paid to Sharon of Hunters Lodge Riding School prior to the term commencing. The riding centre and school will not tolerate any disruptive or disrespectful behaviour. Please be aware that umbrellas and push chairs are not allowed on the yard at any time (due to spooking some of the horses).

**Lego Club – Years R-4;** An important development club encouraging fine motor skills and simple construction decisions while enhancing social skills in a safe and secure manner. Mighty Oak Events is an external provider. **Once booked you are agreeing to pay the full-term cost of of £47 (Tues) £51 (Weds)** payable to Mighty Oak Events.

**Lego Coding Club Years 3-4;** Welcome to KS2 Coding Club. We will be exploring the world of coding using a variety of software and hardware.

**Multi-sports (not football) with Activ8 - Years R-3;** Learn a variety of team sports which help build confidence, balance, hand-eye co-ordination. This is an outside club whatever the weather, please wear appropriate all-weather clothing. **Once booked you are agreeing to pay the full cost of £56.4 to be paid direct to Activ8.**

**Olympic Sports Club – Years 3-6;** Following on from this year Tokyo Olympics, get involved in a different Olympic sport every week be it basketball, hockey, badminton, table tennis and athletics just to name a few. Increase your knowledge of different sports ready for Secondary school. **Once booked you are agreeing to pay the full cost of £51.70 payable to Active8 for kids.**

**Orchestra/Band – Years 5-11;** Please bring your instruments into school for practise.

**Recorder Club – Years 1-6;** Join the recorder club and play in the music concerts.

**Rep-Tylers Club – Years 1-4;** Join Rep-Tylers to learn first-hand about a different species every week. **Cost for this term is £65 paid direct to Rep-Tylers. ADVANCED WARNING: not the 13<sup>th</sup> May**

**Southern Karate Organisation – Years R-6;** please book in on school cloud including existing members A disciplined non-contact karate club. An external provider, Sama Karate, run this club. This is a turn up and pay club and a weekly payment of £5.50 cash is required on the day. After 4 weeks of initial settling in a payment of £24 is required to join the club and includes insurance. Uniform can be bought from the club ranging from £23-£60. This club



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works towards Karate grading, which occurs every other month at a different location at a cost of £20, belts are £5 and can be bought on the day of grading once they have been awarded.

**SATS Year 6;** Running for the first 4 weeks of term ONLY - Invite ONLY not bookable on School Cloud

**Star Voices – Years 2-6;** Join Katy, director of Kuckoo Theatre, and learn to sing. Star Voices also supports our Head of Music in concerts and events. **Cost of the term is £40.00 payable direct to Kuckoo Theatre.**

**Tap & Funky Jazz & Lyrical Dance with Dance & Beyond -Years 1-3 and 4-6;** Dance to high energy, upbeat music and cultivate your inner rhythm by learning both Tap and Funky Jazz routines! In these classes you will develop coordination, fitness and a stronger confidence to perform! Uniform and tap shoes are required for further details please contact [Veronica@danceandbeyond.com](mailto:Veronica@danceandbeyond.com) **cost for this club is £15.50 per month PAID BY DIRECT DEBIT.**

**TTRS League - Years 5-6;** Time Table Rock Stars are you ready to shine? Who will be crowned in the Rock Star Hall of Fame this Year!

**Ukulele Club – Years 5-8;** Learn how to pluck and strum just like Norman Wisdom. Ukulele's supplied.

**Word Search & Puzzle League - Years 3-6;** who can complete the word search or puzzle the quickest and be top of the League come Christmas. There will be a variety of puzzles to complete each week to get you into a quick-thinking problem-solving frame of mind.

**Woodland Wanders Forest Club – Years 4-6; This club finishes at 5pm.** **IMPORTANT – This does not start until 24<sup>th</sup> April.** There will be lots to keep your child entertained at forest school club and each week we will be offering something different for the children to learn, make and do. Ranging from fire lighting using a flint and steel, campfire cooking such as marshmallows, damper bread and pastries on sticks, using tools such as saws and peelers to make fun woodcraft items to take home, playing games, exploring, pond dipping, natural crafts and much more.

**Please see below for more information.**

You will require Wellies and thick socks, appropriate outdoor clothing (as they will be outside whatever the weather) and a water bottle. Payment of **£80** is direct to Jen of Woodland Forest School before the first session otherwise Jen will not accept you onto the club. **DATES 24<sup>th</sup> April, 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> May, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> June 3<sup>rd</sup> July (10 weeks in total).**



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## **KS3 Activities**

**Art Open Workshop - Years 7-9;** Pupils will have access to art resources to complete their own self-directed projects. **Cost for the term £5.**

**Anxiety Workshop Years 7-8;** a progressive workshop of 6 sessions (half a term only) being led by the Avocado Project looking at; Building confidence and tackling negative thoughts, book for just half a term, either the 1<sup>st</sup> half or the 2<sup>nd</sup> half only, requires a minimum of 4 pupils to sign up - cost for the 6 sessions is £60 payable direct to H Cecil.

**Coding Club – Years 7-11;** Join Miss Seal for some coding fun, micro:bit buggies and some logic puzzle solving competitions!

**Combined Cadet Force (CCF) – Years 8-11;** If you wish to become a member of the CCF you must contact Mr R Cook direct on [rcook@chichesterfreeschool.org.uk](mailto:rcook@chichesterfreeschool.org.uk)

**CFS Boys Basketball Team Training - Year 7-10;** Cost for the term is £18 – If you're serious about basketball and playing in team fixtures after school (normally on a Thursday) then this is the club for you. Prepare to be trained by Chichester Titans.

**CFS Team Cricket Training - Years 7-9;** All aspects of cricket but with softballs

**CFS Team Hard Ball Cricket Training - Years 7-9;** Cricket training with the use of the indoor nets.

**CFS Roundnet – Years 7-9;** Learn and play Roundnet.

**CFS Girls Team Netball Training - Years 7-9;** Practise your netball skills on the tarmac area of the school with an external coach in the view of representing CFS in fixtures from September.

**CFS Team Rugby Training - Years 7-10;** Learn to play rugby and represent CFS in fixtures. This club will take place either on site or off site at North Mundham playing fields dependent on Minibus availability.

**CFS Team Table Tennis/Badminton Training - Year 7-10;** For those who take their ping pong & shuttlecocks seriously, there are fixtures booked in this term.



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**CFS (offsite) Running Team Training – Years 7-10;** For those who like to escape and run, practise for the corporate challenge as a starter. This is off site running.

**Cheerleading with Hell Cats – Years 7-11;** Learn new skills with some expert coaching from Hell Cats. **Once booked you are agreeing to pay the full cost of £60 split into half termly payments. The cost for this is half termly payments of £30 & £30 payable to Hell Cats.**

**Chess League - Years 5-11;** Come and learn the strategies of playing chess. Play a game to be in the CFS Championship League; who will be crowned Chess Master at the end of the term.

**Choir – Year 5-11;** singing just for fun.

**Cooking Club – Year 7;** from biscuits to salads, chop chop time is of the essence in this club. **Cost for this term is £20 paid through ParentPay.**

**Designers Studio - Years 7-11;** Develop your designing and making skills to become an independent and creative designer. You have the choice of: continuing with work that you are doing in your DT lesson **or** design a new product of your choice (within reason) **or** to do a prescribed product that I supply. **Note:** this is not a craft club, though you will be learning how to build skilfully made prototypes using papers, cards, woods, textiles, metals and polymers. We will be working in our workshop to give you access to everything that our GCSE Design and Technology students use for their projects and this includes the laser cutter, 3d printer and sewing machines. **Cost for the term £5**

**Drama Club/School Production – Years 7-11;** Rehearsals for the school Production Arabian Nights. There will be extra evenings added for those involved.

**Duke of Edinburgh Bronze Award - Years 9-10;** must already be signed up.

**Dungeons & Dragons Years 7-11;** Wargaming and roleplay games. **Cost for the term £2**

**Games Club Years 7-11;** Just a bit of fun playing Uno, connect 4 and such other games for some wind down time. Based in the LSA Office. **Cost for the term is £15.**



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**Guitar Sessions - Years 7-10;** you must own your own guitar and be able to bring to school on this day. Learn riffs and chords.

**Hip Hop Club with RnB Dance - Years 7-10;** learn and perform routines to your favourite tunes with Rachael from RnB Dance. . **The cost is £60 for the term to be paid direct to RnB Dance.**

**History, Ancient History & Classics - Years 7-9;** Be inspired by the Ancient Egyptians or learn about Greek Gods and discover the real story behind Troy.

**Hockey/Lacrosse Club Years 5-8;** Sports with a stick! Hockey and Lacrosse- sticks on the floor and sticks up high! Duster hockey, Indoor hockey, Astro hockey, 5 A-Side hockey, Teamed Lacrosse Box Lacrosse... the options are numerous! For years 5-8 There will be CFS Team Fixtures this year! **Cost for the term is £12. Anyone in Year 9-10 who would like to be a coach in hockey (great for the volunteering part of DofE please email Mr Angell on [rangell@chichesterfreeschool.org.uk](mailto:rangell@chichesterfreeschool.org.uk))**

**KS3 Dance Club – Years 7-9;** more than just a dance club, be prepared to sweat!

**Orchestra/Band – Years 5-11;** Please bring your instruments into school for practise.

**Knitting Club - Years 7-11;** Learn to knit, learn some new stitches and techniques. Make your own hand knitted flowers, hats, phone covers, scarves or whatever you wish to knit. Be the envy of all your friends because you can make your own unique accessories. Learn to read a pattern and design your own. We have the wool and the knitting needles, so what are you waiting for.

**MFL Club - Years 7-11;** . Join our Mr Newman and Ms Crebbin in this fun club of Modern Foreign Languages where you'll learn about culture, language and festivals from lots of countries.

**STEM – Years 7 & 8;** We are delighted to offer our pupils a great opportunity to explore, science, technology, engineering and mathematics (STEM) through practical science experiments and design and build projects. Working together in small teams the pupils will take part in practical problem-solving activities that will boost their knowledge, enhance team working, inspire creativity and promote enjoyment in these key subject areas. The club is suitable for pupils of all abilities. **Cost for the term £5.**

**Stichtopia - Years 7-9;** Learn and create fashion items with Miss Pye. **The cost is £5 for the term to be paid through ParentPay.**



**Courage Term 2024 Extended Day Timetable – those completely in RED are fully subscribed**

**Supervised Study - Years 7 – 11;** This is a chance for pupils to independently catch up with homework, study or reading in a room that is supervised by one of our Senior Leadership Team in the Secondary dining hall. Once timetable they will be expected to arrive for supervised study prepared for an hour's study or reading in a quiet environment. Any absences must be reported to [absence@chichesterfreeschool.org.uk](mailto:absence@chichesterfreeschool.org.uk) this is not a drop-in session.

**Ukulele Club – Years 5-8;** Learn how to pluck and strum just like Norman Wisdom. Ukulele's supplied.

**Writers Club – Years 7-9;** Become a dab hand at writing short stories, poems and speeches. We will look at other writers and share ideas and enter competitions, it will be fun and friendly – and on some days we will even have cake!

**Witt Fitt Strong Squad – Years 7-11;** Based on Cross Fit, this is a team Personal Training session. We will travel to Witt Fitt in East Witterings by school minibus and return for 1700hrs. The fitness sessions are 45minutes long but this program not only deals with your personal fitness but covers all wellbeing including diet and mental health. There will also be the inclusion of google class for monitoring your own progress. Pupils must agree to commit fully to this program and if you do you will noticeably see a new you emerge. Spaces are limited to 14. **Cost for the term is £90 paid direct to Witt Fitt and £12 for fuel costs paid through ParentPay.**





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## **KS4 Activities**

**CFS Boys Basketball Team Training - Year 7-10;** Cost for the term is **£18** – If you're serious about basketball and playing in team fixtures after school (normally on a Thursday) then this is the club for you. Prepare to be trained by Chichester Titans.

**CFS Team Rugby Training - Years 7-10;** Learn to play rugby and represent CFS in fixtures. This club will take place either on site or off site at North Mundham playing fields dependent on Minibus availability.

**CFS Team Table Tennis/Badminton Training - Year 7-10;** For those who take ping pong seriously, there are fixtures booked in this term.

**CFS (offsite) Running Team Training – Years 7-10;** For those who like to escape and run, practise for the corporate challenge as a starter. This is off site running.

**Cheerleading with Hell Cats – Years 7-11;** Learn new skills with some expert coaching from Hell Cats. **Once booked you are agreeing to pay the full cost of £60 split into half termly payments. The cost for this is half termly payments of £30 & £30 payable to Hell Cats.**

**Chess League - Years 5-11;** Come and learn the strategies of playing chess. Play a game to be in the CFS Championship League; who will be crowned Chess Master at the end of the term.

**Choir – Year 5-11;** singing just for fun.

**Coding Club – Years 7-11;** Join Miss Seal for some coding fun, micro:bit buggies and some logic puzzle solving competitions!

**Debate, Government and Judiciary Team - Years 10-11;** A debating society that considers important issues that are relevant to students.

- Learn how to improve your debating skills with both formal and informal debates.
- Support your understanding of issues by learning about Government and the Justice system.

There will be mock trials (including national competitions) in which you will prosecute, defend and judge Crown Court cases. We will also have the opportunity to visit some of the institutions that underpin debate, Government and the Judiciary.



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**Designers Studio - Years 7-11;** Develop your designing and making skills to become an independent and creative designer. You have the choice of: continuing with work that you are doing in your DT lesson **or** design a new product of your choice (within reason) **or** to do a prescribed product that I supply. **Note:** this is not a craft club, though you will be learning how to build skilfully made prototypes using papers, cards, woods, textiles, metals and polymers. We will be working in our workshop to give you access to everything that our GCSE Design and Technology students use for their projects and this includes the laser cutter, 3d printer and sewing machines. **Cost for the term £5.**

**Drama Club/School Production – Years 7-11;** Rehearsals for the school Production Arabian Nights. There will be extra evenings added for those involved.

**Dungeons & Dragons Years 7-11;** Wargaming and roleplay games. **Cost for the term £2.**

**Duke of Edinburgh Bronze Award - Years 9-10;** must already be signed up. New sign-ups will happen after the October half term.

**Enterprise Solutions - Years 7-11;** Get ahead in the world of business and make your dreams a reality.

**Games Club Years 7-11;** Just a bit of fun playing Uno, connect 4 and such other games for some wind down time. Based in the LSA Office. **Cost for the term is £15.**

**GCSE Business Studies - Years 10-11;** GCSE Clinic. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**

**GCSE Art - Years 10-11;** GCSE Clinic. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**

**GCSE Design Technology - Years 10-11;** GCSE Clinic. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**

**GCSE Food Preparation - Years 10-11;** GCSE Clinic. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**

**GCSE Dance Choreography - Years 10-11;** GCSE Clinic. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**

**GCSE Geography Masterclass – Years 10-11;** GCSE Clinic. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**



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**GCSE History Clinic - Years 10-11;** Struggling with remembering all the past events, this club is designed to help you. **NO SIGN UP REQUIRED ON SCHOOL CLOUD.**

**Guitar Sessions - Years 7-10;** you must own your own guitar and be able to bring to school on this day. Learn riffs and chords.

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