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|  | **Lunch (1:20-1:50)** | **Afterschool (3:20-4:20)** |
| **Monday** | **Handball (KS3)**Mr Bromage |  |
| **Tuesday** | **This Girl Can (KS3)**Miss Finch & Leaders | **Boys Football** Mr Thomas**Netball (Years 8-11)**Mrs Burnside & Leaders |
| **Wednesday** | **Inclusion Club (Invite Only)**Mrs Roberts & Mrs Harry | **Girls Football** Miss Finch |
| **Thursday**  | **Netball (Year 7 only)** Mrs Burnside & Sports Leaders | **Rugby** Mr Bromage |
| **Friday** | **Badminton (KS3)**Mr Thomas | **Badminton (KS4)**Mr Thomas & Miss Finch |

FAQ’s

* Clubs are open to all students, unless stated, regardless of ability or PE group.
* There is no need to sign up to clubs, just turn up.
* You do not have turn up every week, please make as many as possible.
* If you do not come at the start of the term, it doesn’t mean you can’t join later in the year.
* Afterschool clubs - wear PE kit to school, then at the end of the day, come to the Sports Hall, sign the register, put stuff in the changing rooms, then go to allotted area.
* Lunchtime clubs – trainers only. You are not permitted to wear PE kit, unless you have PE, afterschool club or fixture on that day. Trainers on and enter the Sports Hall to meet the staff.
* If you are attending a lunchtime club, we can provide you with a queue jump pass so you can go to the front of the line to get your food and then come back to the club to maximise time.
* Kit expectations remain the same for club as they would do a PE lesson.
* Fixture information can be found on our Sports Website – <https://sport.kingstone-high.hereford.sch.uk> or via the main school website and click on the “Sports Portal” button at the top of the page.
* Other updates, team photos and fixture information can be found on our Instagram page kingstonehigh\_pe
* Clubs will change per term, depending on what fixtures are coming up.
* Team sheets will be put up in the Sports Hall foyer, you MUST update your availability in advance so we know who we need to chase up.