

Penrice

Find Your Extra

Autumn Term 2023
Interactive Activities Brochure





Penrice PLUS
Find Your Extra

Find Your Extra!



Penrice Plus is our termly package of extra-curricular opportunities that give students the chance to take part in activities, learn new skills and build on the skills they already have outside the classroom.

Why Attend Penrice Plus?

We have a big focus on encouraging all students to attend Penrice Plus. This is because we believe that learning is about so much more than what happens in the classroom – it is all about developing the whole child. It is through enrichment that Penrice students are able to leave us at the end of Year 11 as truly well-rounded, developed young adults.

A Variety of Opportunities

We understand that every student has different interests. With this in mind, our Penrice Plus options are broken down into four distinctive categories. These are: Arts, Wellbeing, Academic and Sports.



MR J HAMMERSLEY

Deputy Headteacher &
Penrice Plus Lead



Character Development

Penrice Plus provides students with multiple opportunities to seek out different ways to develop their character and grow into well-rounded individuals.

During each Penrice Plus session, teachers will be guiding students to explore essential virtues through exciting and engaging activities.

Taking part in a range of Penrice Plus clubs will allow students to cultivate and build upon a variety of character strengths

which will be invaluable during their time at Penrice and into their futures after they leave in Year 11.

Throughout this brochure, you will see our colour-coded Character tags on each activity. These tags will give you an indication of exactly how each club can help students grow into well-rounded young adults who can make a positive impact on the wider world. We hope to see students taking advantage of as many of these experiences as possible!

THE 4 CHARACTER VIRTUES

MORAL VIRTUES

Character traits that enable us to act well in situations that require an ethical response.

Examples: Compassion, Courage, Gratitude, Honesty, Humility, Integrity, Justice, Respect.

PERFORMANCE VIRTUES

Character traits that have an instrumental value in enabling the intellectual, moral and civic virtues.

Examples: Confidence, Determination, Motivation, Perseverance, Resilience, Teamwork.

INTELLECTUAL VIRTUES

Character traits necessary for discernment, right action and the pursuit of knowledge, truth and understanding.

Examples: Autonomy, Critical Thinking, Curiosity, Judgement, Reasoning, Reflection, Resourcefulness.

CIVIC VIRTUES

Character traits that are necessary for engaged, responsible citizenship, contributing to the common good.

Examples: Citizenship, Civility, Community Awareness, Neighbourliness, Service, Volunteering.

Penrice Plus in Numbers

Data from 2021-22 Academic Year

25,000

Sessions attended

OVER 100

Clubs and activities on offer





OVER 200

competitive fixtures and/or events



AUTUMN TERM CLUBS & ACTIVITIES

MONDAY	TUESDAY
Homework Club Y7-11 CS3 & The Core (TC)	Drama Club Y7-8 Drama Studio (AR)
Cross Country Team Y7-11 Playing Fields (AJ)	Penrice Band Y7-11 MS1 (MP)
	Diamond Art / Mindfulness Y7-11 Art Block (JH)
	Homework Club Y7-11 CS3 & The Core (TC)
	Girls' Fitness Y7-10 The Zone (HR)
	Netball Y7&10 Sports Hall & Courts (CR/SS)
	Rugby Y7-9 Sports Fields (AJ/JH)

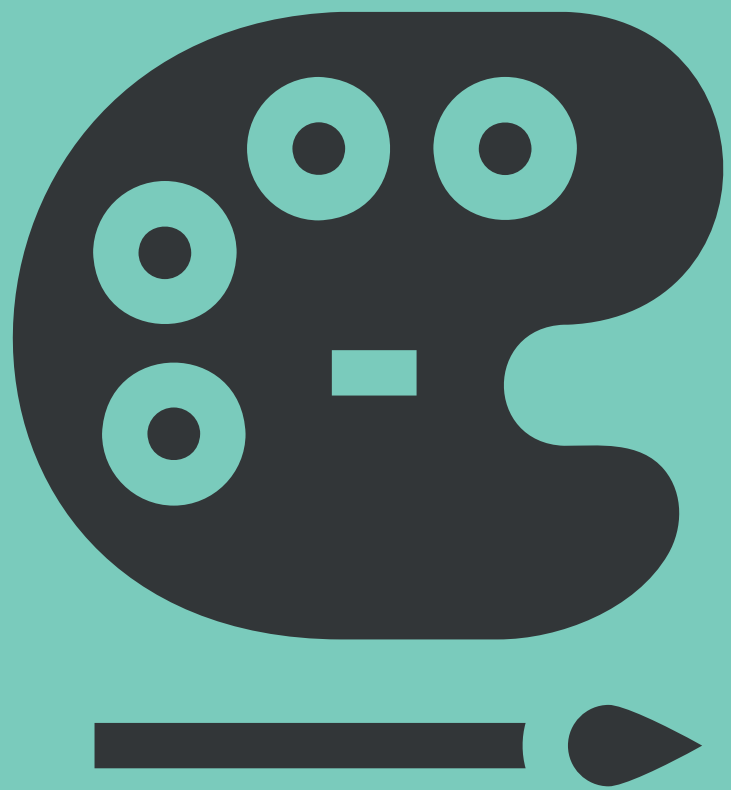
KEY	
 ARTS	 ACADEMIC
 WELLBEING	 SPORTS

WEDNESDAY	
Oliver (2024 Production) Y7-11 Assembly Hall (PB)	
Printmaking Y7-9 A3 (SW)	
Set & Prop Design Y7-10 T1 & T2 (AE)	
British Sign Language Y7-11 E1 (AA)	
Chess Club Y7-11 L6 (RW)	
Colour Me Calm Y7-10 LC3 (IHC)	
Couch to 5k (Running) Y7-11 E9 & Outdoors (SA)	
Farm Y8 Penrice Farm (CH)	
Penrice+ Baking Y7-10 T3 & T4 (GS/AS)	
Zentangles and Celtic Knots Y7-11 M4 (DH)	
Coding Y7-11 CS1 (JH)	
Debating Society Y7-9 H6 (PB)	
Fiction Addiction Y7-10 Library (AH)	
History Mystery Y7-11 H5 (GW)	

HOW TO APPLY	
Apply online via penriceacademy.org/penrice-plus	
WEDNESDAY CONT.	THURSDAY CONT.
Homework Club Y7-11 CS3 & The Core (TC)	Penrice Quiz League Y7-11 M8 (JH)
Language & Culture Club Y7-9 L3 (RY)	Step Up to Scholarship INVITE ONLY CS2
Model United Nations INVITE ONLY TBC (AR)	Boys' Gym Y9-10 The Zone (MS)
Robotics & Future Tech Y7-11 CS5 (OB)	Hockey Y7-10 Astro (NM & AJ)
Young Enterprise Y8-10 H8 (PBA)	Netball Y8,9&11 Sports Hall & Courts (CR/SS)
5-a-side Football Y9-10 Astro (GP)	Rugby Y9-10 Sports Fields (AJ/JH)
Archery Y7-8 E10 & Far Field (DM)	Volleyball Y7-11 Sports Hall (DP)
FRIDAY	
Oliver (2024 Production) Y7-11 Assembly Hall (PB)	
	Netball Y7-8 Sports Hall & Courts (CR/SS)
	Rugby Y7-8 Sports Fields (AJ/JH)
THURSDAY	
Green Team Y7-10 S3 (AF)	
Homework Club Y7-11 CS3 & The Core (TC)	



Arts Clubs



Contents

Drama Club	07
Line, Colour and Shape in Printmaking	08
Penrice Band	09
School Production (Oliver)	10
Set and Prop Design (Oliver)	11



Drama Club

DAY(S): TUESDAYS

LOCATION: DRAMA STUDIO

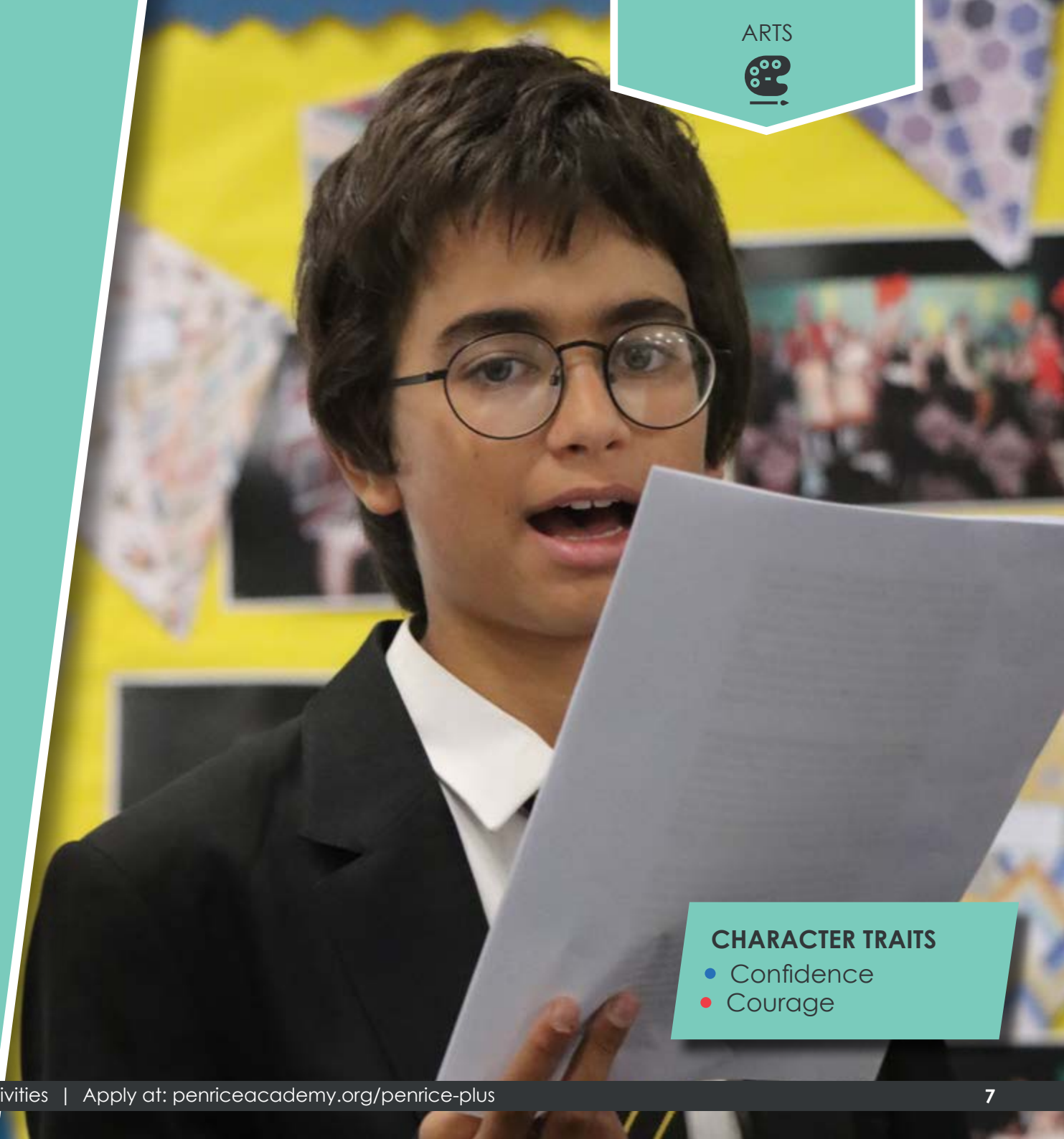
YEARS: 7 - 8

If you are not ready for production (or want to do both) come along to the drama studio to work together and perform to the rest of the group. Last year, we performed at the Christmas Concert too!

Build your confidence, practise your vocal and physical skills and make new friends in a safe and welcoming environment.



ACTIVITY LEAD
MRS ROBERTS



CHARACTER TRAITS

- Confidence
- Courage



Line, Colour and Shape in Printmaking

DAY(S): FRIDAYS

LOCATION: A3

YEARS: 7 - 9

If you enjoy being creative this is the session for you. A variety of media on offer ranging from paint to printing to sculpture.

The diversity will allow individuals to pursue their own passions for being creative and build on your understanding of skilful handling of materials. All are welcome all you need is imagination and a sense of fun!



ACTIVITY LEAD
MRS WATKINS

CHARACTER TRAITS

- Resourcefulness
- Creativity



Penrice Band

DAY(S): TUESDAYS

LOCATION: MS1

YEARS: 7 - 11

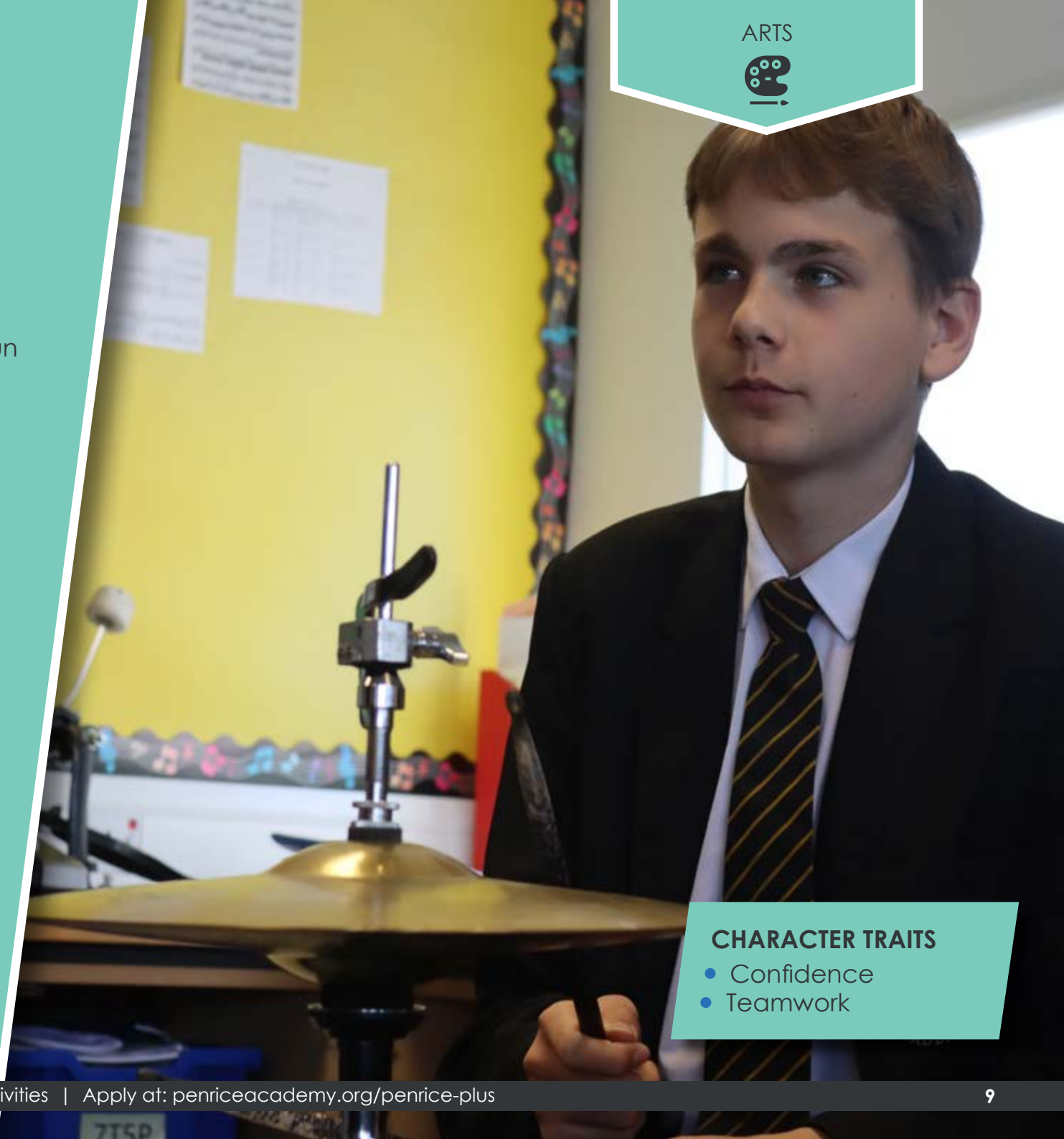
We learn to play some of the greatest rock and pop songs ever written in a fun and supportive environment.

We encourage everyone from beginners to fully-fledged rock stars to join us and have fun making music!



ACTIVITY LEAD
MR POTTER

ARTS



CHARACTER TRAITS

- Confidence
- Teamwork



School Production (Oliver)

DAY(S): WEDNESDAYS & FRIDAYS

(LATE 5PM FINISH ON WEDNESDAYS)

LOCATION: ASSEMBLY HALL

YEARS: 7 - 10

We're proud to announce that this year's school production will be *Oliver! Jr.* We are so excited for you to be part of it! Regardless of whether you've been in the cast before or are new to performing, there is space for everyone to get involved and be part of another amazing performance!

There are a wide range of opportunities available from solo parts to chorus and there are parts to suit everybody's confidence and experience level whether you're an actor, singer, dancer... or all three! Rehearsals will be Wednesdays and Fridays building up to the performances in March.

NEW!

ARTS



*Picture from Matilda,
School Production 2022*

CHARACTER TRAITS

- Confidence
- Teamwork
- Courage



ACTIVITY LEAD
MR BRODEY



Set and Prop Design (Oliver)

DAY(S): WEDNESDAYS (4:30pm finish).

LOCATION: T1 & T2

YEARS: 7 - 10

Attention all creative minds! Are you ready to bring your imagination to life? Join our exciting School Set and Prop Design Club!

Are you fascinated by the magical world of theatre and film? Do you find yourself thinking about how to create captivating sets and props that transport audiences to a different time and place? If so, look no further – our club is the perfect outlet for your passion!

Our club welcomes all students who are eager to explore the art of set and prop design.



ACTIVITY LEAD
MR EASTERBROOK

NEW!

ARTS



CHARACTER TRAITS

- Resourcefulness
- Creativity



Wellbeing Clubs



Contents

British Sign Language	13
Chess Club	14
Colour Me Calm	15
Couch to 5k	16
Diamond Art / Mandala Mindfulness	17
Green Team	18
On The Farm	19
Penrice+ Baking	20
Zentangles and Celtic Knots	21



British Sign Language

DAY(S): WEDNESDAYS

LOCATION: E1

YEARS: 7 - 10

A fun opportunity to learn a new language that can be used out in our community.

Develop your awareness of the deaf community and culture and find fun ways of communicating about yourself, your life and the world around us.



ACTIVITY LEAD
MISS ARCHER

WELLBEING



CHARACTER TRAITS

- Service
- Community Awareness





Chess Club

DAY(S): WEDNESDAYS

LOCATION: L6

YEARS: 7 - 11

An opportunity to learn and play the greatest game of all time!

Chess helps to improve memory, deepen focus, elevate creativity and boost your planning skills, as well as being fun!

At Penrice Chess, you will be coached to be the best player you can be, whether you don't even know how the horsey moves or you can already tell your Petrov's Defense from your Ruy Lopez.



ACTIVITY LEAD
MR WILTSHIRE



*Chess is beautiful enough
to waste your life on.*

- Hans Ree

CHARACTER TRAITS

- Critical Thinking
- Judgement



Colour Me Calm

DAY(S): WEDNESDAYS

LOCATION: LC3

YEARS: 7 - 10

Come along for some mindful colouring in a tranquil session accompanied by gentle sounds and relaxing scents. Feel free to bring your own colouring books or pens/pencils if you wish.

Sessions will start at 3:10pm each Wednesday in LC3 (the small classroom inside the Core). We hope that you leave every session in relaxed mood and enjoy a few moments of calm in the middle of your busy week.



ACTIVITY LEAD
MR CARTER

WELLBEING



CHARACTER TRAITS

- Creativity
- Reflection



Couch to 5K

DAY(S): WEDNESDAYS

LOCATION: MEET IN E9

YEARS: 7 - 11

Whether you have a passion for running or simply want to get outdoors more, Couch to 5K is a great way to build friendships, develop your resilience and perseverance, boost fitness and have fun in a less competitive way than the Monday Cross Country session.

We take in the beauty of the Cornish coastline on our runs, mapping our routes around Charlestown and the surrounding area.

Come join us and give it a go!



ACTIVITY LEAD
MR ASHBY



CHARACTER TRAITS

- Resilience
- Motivation
- Neighbourliness



Diamond Art / Mandala Mindfulness

DAY(S): TUESDAYS

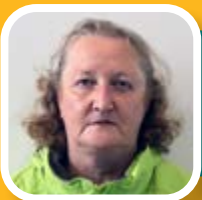
LOCATION: ART BLOCK

YEARS: 7 - 11

A quiet relaxed club with Diamond Art and calming mindfulness music.

Diamond art is a hobby well-suited for both novices and experienced crafters. You can channel your creativity into crafting a sparkling piece of diamond art. The process is easy to master and transforming tiny diamonds into a colourful, three-dimensional masterpiece is incredibly rewarding.

Diamond Art equipment is provided, but you are welcome to bring your own.



ACTIVITY LEAD
MRS HATCH



CHARACTER TRAITS

- Reflection
- Humility



Green Team

DAY(S): THURSDAYS (TBC)

LOCATION: S3

YEARS: 7 - 10

Green team take an active part in making Penrice a more environmentally friendly school.

We take part in national competitions run by Kew Gardens and the Eden Project, as well as day to day activities to help us develop our understanding of citizenship and care for wildlife.

Join us as we make our world a greener and more sustainable place.



ACTIVITY LEAD
MISS FORSHAW



CHARACTER TRAITS

- Citizenship
- Respect



On the Farm

DAY(S): WEDNESDAYS

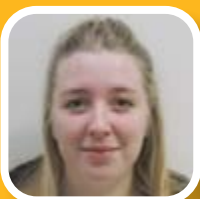
LOCATION: MEET IN AC1

YEARS: 8

Penrice Plus on the farm is a great opportunity to get your wellies on and get stuck in!

During our after school sessions, Year 8 learn all about animal husbandry and help with all jobs on the farm. Jobs range from handling our new kittens, feeding guinea pigs and mucking out the pig pen!

We are looking for resilient, hardworking students - particularly pupils who don't mind getting muddy!



ACTIVITY LEAD
MISS HARDING



CHARACTER TRAITS

- Appreciation
- Volunteering/Service



Penrice+ Baking

DAY(S): WEDNESDAYS

LOCATION: T4 & T3

YEARS: 7-10

An exciting opportunity for students in Years 7 - 10 to build on their skills in both baking and cooking, making a range of diverse dishes.

Work on your teamwork, confidence and resourcefulness in the kitchen and show off your cooking talents!



JOINT ACTIVITY LEADS

MRS SAINSBURY
- AND -
MRS STEPHEN



CHARACTER TRAITS

- Teamwork
- Resourcefulness



Zentangles and Celtic Knots

DAY(S): WEDNESDAYS

LOCATION: M4

YEARS: 7 - 11

A quiet relaxed club. The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

We call these patterns, tangles. You create tangles with combinations of dots, lines, simple curves, S-curves and orbs. Bring a pencil and/or a black pen. Also have a go at drawing some Celtic Knots.



ACTIVITY LEAD
MR HOPKINS

NEW!

WELLBEING



CHARACTER TRAITS

- Reflection
- Humility
- Creativity



Academic Clubs



Contents

Coding Club	23	Robotics and Tech Club	31
Debating Society	24	Step Up to Scholarship	32
Fiction Addiction	25	Young Enterprise	33
History Mystery	26		
Homework Club	27		
Language and Culture Club	28		
Model United Nations	29		
Penrice Quiz League	30		



Coding Club

DAY(S): WEDNESDAYS

LOCATION: CS1

YEARS: 7 - 11

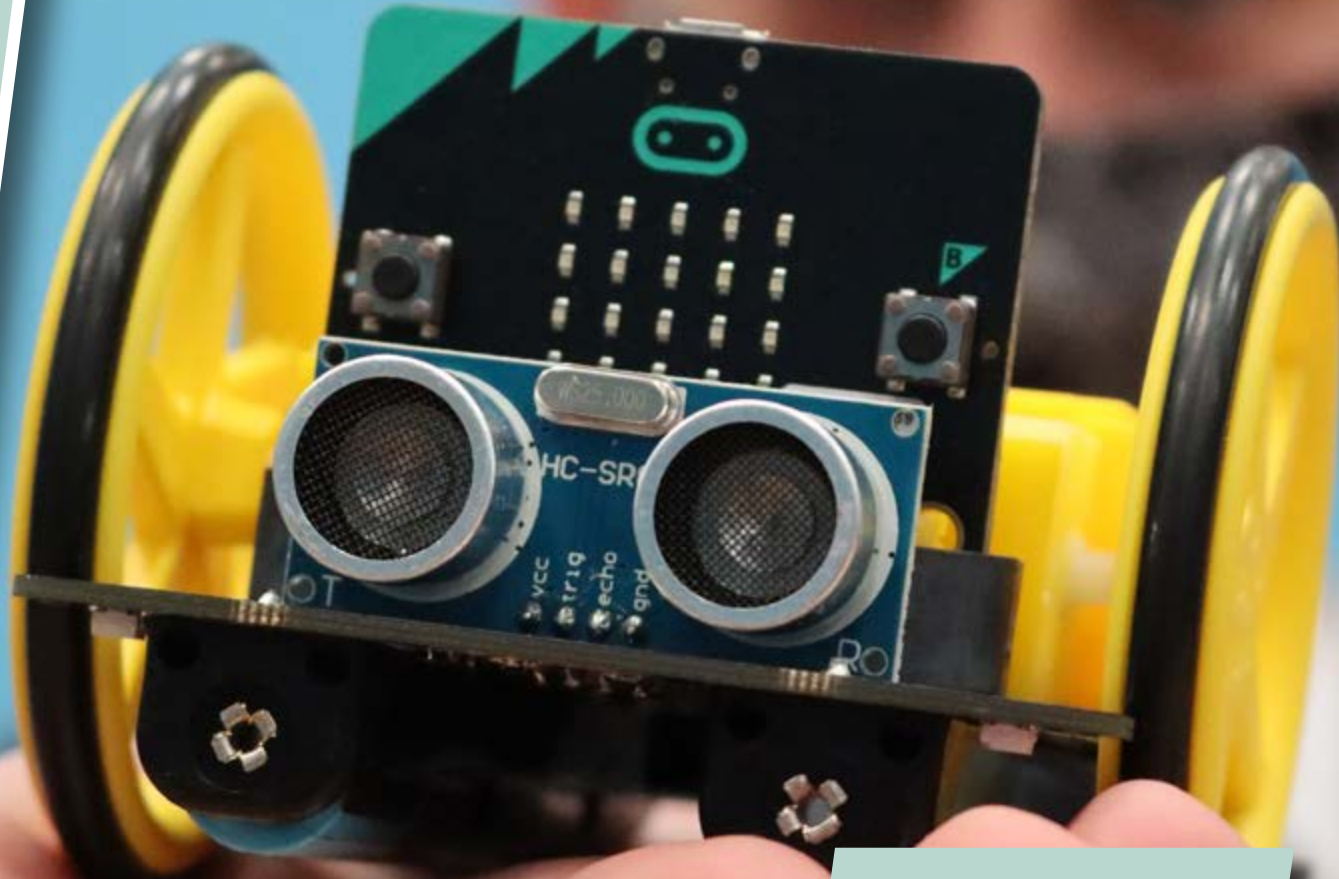
Coding is about taking an idea and turning it into a reality!

If you have an idea for a new ground-breaking game, exciting app or revolutionary website – Coding Club is the club where you can begin to make it happen.

In Code Club, you will be able to apply your programming knowledge to a project of your choice, whilst picking up new skills and meeting like minded people along the way.



ACTIVITY LEAD
MRS HANTON



CHARACTER TRAITS

- Resilience
- Autonomy



Debating Society

DAY(S): WEDNESDAYS

LOCATION: H6

YEARS: 7 - 9

The ability to debate, form arguments, react to opposing ideas and views and be able to speak publically on an issue are crucial skills that employers greatly value.

You will learn about the Oxford style of debating and enjoy arguing to your hearts content on a range of topical, moral and political issues of the day!

Debating is great fun, teaches you to think on your feet and gives you critical thinking skills that are highly valued by Colleges, Universities and employers.



ACTIVITY LEAD
MISS BROWN

NEW!

ACADEMIC



CHARACTER TRAITS

- Critical Thinking
- Reflection
- Reasoning
- Respect



Fiction Addiction

DAY(S): WEDNESDAYS

LOCATION: LIBRARY

YEARS: 7 - 10

Love books? Love reading? Join us in the library for lots of reading activities; quiet reading, discussion, making books, writing reviews, story time, author visits, reading support and more!

This is an opportunity for everyone - you don't have to be the world's best reader; you just need to love reading.



ACTIVITY LEAD
MRS HAGUE

NEW!

ACADEMIC



CHARACTER TRAITS

- Curiosity
- Reflection
- Confidence



History Mystery

DAY(S): WEDNESDAYS

LOCATION: H5

YEARS: 7 - 11

Love History? - Then you'll love History Mystery!

A History Club where we examine any parts of the past you might be interested in.

Our Mysterons enjoy creative investigations, discussions and debates learning about parts (and mysteries) of the past they never knew before.



ACTIVITY LEAD
MR WINDERS

ACADEMIC



CHARACTER TRAITS

- Critical Thinking
- Reflection



Homework Club

DAY(S): MONDAYS - THURSDAYS

LOCATION: CS3 & THE CORE

YEARS: 7 - 10

This is a fantastic opportunity to use our computer rooms to complete homework before leaving school or to work with a member of staff to receive additional support with a piece of homework that you are struggling with. Homework Club is ver popular at Penrice, giving students a space to study without home distractions.

We look forward to seeing you there!



ACTIVITY LEAD
MS COLEMAN

ACADEMIC



CHARACTER TRAITS

- Motivation
- Determination



Language and Culture Club

DAY(S): WEDNESDAYS

LOCATION: L3

YEARS: 7 - 9

Discover all that the world has to offer; explore the breathtaking geography of South America, the vibrant festivals from around the globe, and so much more!

This is your chance to take your language learning xwherever you want - to explore the art, culture, language, religions and celebrations from countries all around the world.

We'll complete a range of activities, including art workshops, language sessions, research projects, foreign films and so much more.



ACTIVITY LEAD
MRS YEO

NEW!

ACADEMIC



CHARACTER TRAITS

- Curiosity
- Respect
- Community Awareness



Model United Nations

DAY(S): WEDNESDAYS

LOCATION: TBC

YEARS: INVITE ONLY

The Model United Nations programme is a national event! It gives you the chance to learn about global issues and how governments and charities work together to drive change and make our world a safer and better place.

The M.U.N Penrice Plus team will be given a country to represent at the South West conference - 2-days of debate and discussion where we will argue laws and issues on behalf of our allotted country. This is a great event, and a wonderful chance for anyone interested in Law, Politics and our Planet.

We will meet each week to learn about our country and discover more about its challenges, and prepare for the debate next term.



ACTIVITY LEAD
MS ROBERSON

NEW!

ACADEMIC



CHARACTER TRAITS

- Citizenship
- Respect
- Critical Thinking



Penrice Quiz League

DAY(S): THURSDAYS

LOCATION: M8 (TBC)

YEARS: 7 - 11

Do you enjoy quizzes? How about puzzles?
Join the Penrice quiz league!

Teams of 2/3/4 will battle it out over a term to see who will win the league.

With themed weeks and plenty of subject specific as well as general knowledge and puzzle rounds. Everyone is welcome to put their knowledge to the test for weekly fun quiz sessions!



ACTIVITY LEAD
MRS HOLE

NEW!

ACADEMIC



CHARACTER TRAITS

- Curiosity
- Reasoning
- Teamwork



Robotics & Future Tech Club

DAY(S): WEDNESDAYS

LOCATION: CS5

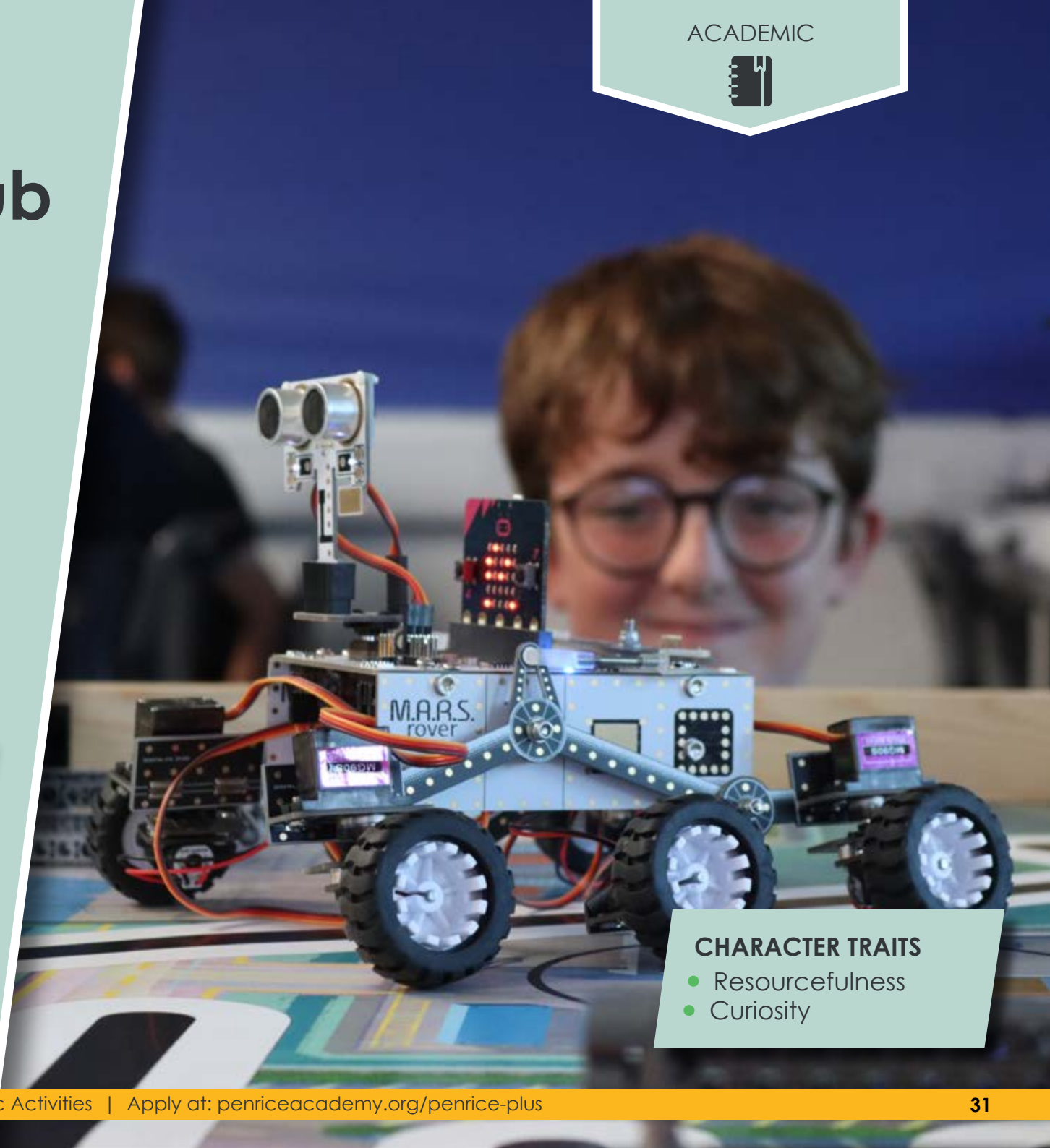
YEARS: 7 - 11

In Robotics Club you will learn how to build and program a vast variety of different robots in a fun and supportive environment.

You will also explore some of the most exciting emerging technologies and how they could be used in the future.



ACTIVITY LEAD
MR BROTHERHOOD



CHARACTER TRAITS

- Resourcefulness
- Curiosity



Step Up to Scholarship

DAY(S): THURSDAYS

LOCATION: CS2

YEARS: INVITE ONLY, YEAR 10

Extra-curricular opportunities to push high-achieving Year 10 students. Further information will be contained within invites.



ACTIVITY LEAD
MR TOMS



CHARACTER TRAITS

- Curiosity
- Motivation



Young Enterprise

DAY(S): WEDNESDAYS

LOCATION: H8

YEARS: 8 - 10

The Young Enterprise programme provides teams of Penrice students aged between 13-16 with an opportunity to create and run their own company whilst being supported by a Business Volunteer.

Young Enterprise will allow students to not only develop essential skills, but also gain an important insight into how businesses work. The skills students learn will support their preparation for work and life.



ACTIVITY LEAD
MX BANFIELD

NEW!

ACADEMIC



CHARACTER TRAITS

- Resourcefulness
- Resilience
- Teamwork



Sports Clubs



Contents

5-a-Side Football	35	Hockey	43
Archery	36	Netball	44
Badminton	37	Volleyball	45
Boys' Gym	38		
Boys' Rugby	39		
Cross Country	40		
Girls' Fitness	41		
Girls' Strength and Conditioning	42		

All sports clubs finish at 4:15pm unless stated otherwise.



5-a-side Football

DAY(S): WEDNESDAYS

LOCATION: ASTRO

YEARS: 9 & 10 (NON-TEAM PLAYERS)

Our 5-a-side club for Penrice Plus is the perfect blend of social and competitive sport for all of those football enthusiasts.

Whether you're an experienced player or simply enthusiastic about the game, we run weekly competitions where all abilities are welcome. Whilst teams are based around friendship groups, don't worry if you've not got a full complement of players for a team as we always have players eager to join in with others to take part.

Our weekly competitions end with trophies for our two winners as well as to the golden boot winner for that week.



ACTIVITY LEAD
MR PARRY

SPORTS



CHARACTER TRAITS

- Teamwork
- Confidence



Archery

DAY(S): WEDNESDAYS

LOCATION: MEET IN E10, THEN PLAYING FIELDS

YEARS: 7 & 8

How's your aim? Think you have what it takes to hit a bullseye?

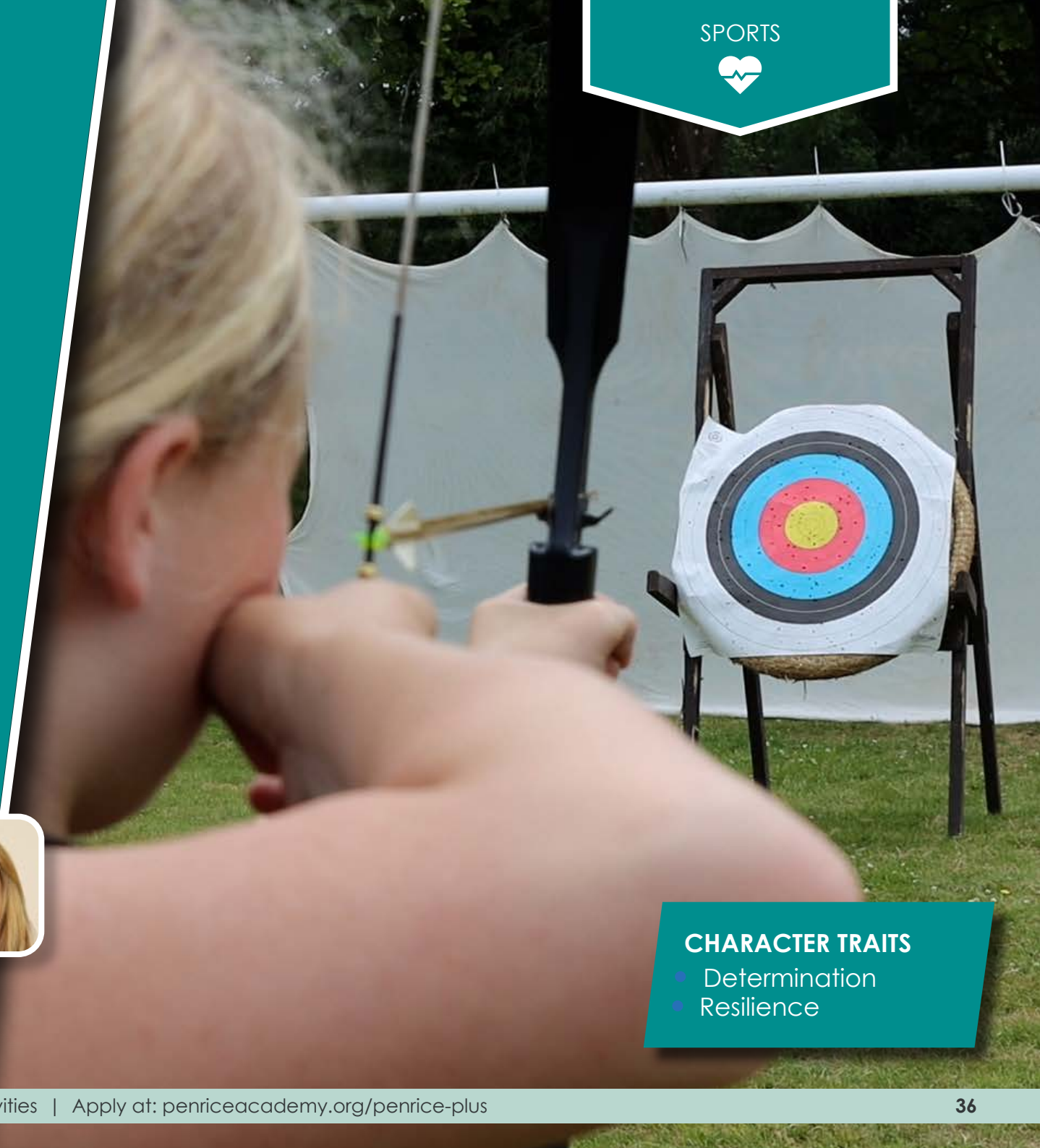
A half-term's worth of archery tuition. Attend sessions with GB Archery trained instructors and improve week on week!

Come along and test yourself at Penrice Plus Archery!



JOINT ACTIVITY LEADS

MR MATTHEWS
- AND -
MRS TOOLEY



CHARACTER TRAITS

- Determination
- Resilience



Badminton

DAY(S): WEDNESDAYS

LOCATION: SPORTS HALL

YEARS: 7 - 11

Whether you have a competitive streak or are just looking for a casual activity, Badminton is a fun sport. Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court.

You will have the opportunity to practise your serve and play singles or doubles. We usually play in the courts within the Sports hall. Badminton is very popular, so sign up promptly to avoid any disappointment.



ACTIVITY LEAD
MR OLEFHILE



CHARACTER TRAITS

- Teamwork
- Neighbourliness



Boys' Gym

DAY(S): THURSDAYS | **LOCATION:** THE ZONE

YEARS: 9 & 10 (3:00PM - 4:15PM)

The Boys' Strength and Conditioning sessions for Penrice Plus offers our students an opportunity to use our fantastic gym facility here at Penrice - The Zone.

Under the supervision, support and guidance of two members of staff, the boys get to learn how to safely use a range of weight bearing exercises to help them develop their strength and improve the overall condition of their body. The students learn how to use the correct form when performing these exercises and they are also taught some of the science behind strength and muscle development, which also includes guidance on diet and the importance of rest.

In addition, students are taught about respecting others in the gym, using optimum rep ranges and sets for developing strength, as well as how different exercises target different muscle groups.



ACTIVITY LEAD
MR SULLIVAN



CHARACTER TRAITS

- Determination
- Motivation
- Respect



Boys' Rugby

DAY(S):

TUESDAYS 3PM-4:30PM (YEARS 7-9)

THURSDAYS 3PM-4:30PM (YEARS 9 & 10)

FRIDAYS 3PM-4:30PM (YEARS 7 & 8)

LOCATION: PLAYING FIELDS

We train regularly and really encourage our students to compete at a high level against students from other schools.

We look forward to our Rugby tournaments throughout the year, where students can demonstrate their skills.



ACTIVITY LEAD
MR JENKIN



CHARACTER TRAITS

- Determination
- Motivation
- Respect



Cross Country

DAY(S): MONDAYS

LOCATION: PLAYING FIELDS

YEARS: 7 - 11

Knee-high mud, competition and improved fitness are some of the highlights of Cross Country running at school! For Cross Country at Penrice, we are delighted to welcome in professional coaches from Newquay & Par Athletics Club each week.

Cross Country is the training backbone for many of our most successful distance runners - from Mo Farah to Paula Radcliffe!

The benefits of improved endurance will benefit all games players. Competitions are regular against other schools, and we have a proud tradition in these events.



ACTIVITY LEAD
MR JENKIN



CHARACTER TRAITS

- Determination
- Resilience
- Motivation



Girls' Fitness

DAY(S): TUESDAYS

LOCATION: THE ZONE

YEARS: 7 - 10

Keep fit and have fun using our fantastic facilities at our gym - The Zone.

This is a Girls only club which allows you to develop your determination by working on your fitness goals.

Unlike Girls' Strength & Conditioning Club, the Girls' Fitness Club will focus on Aerobic Fitness and general health and wellbeing.

Work with other students to help, support and motivate each other whilst making new friendships along the way.



ACTIVITY LEAD
MS ROBINSON



CHARACTER TRAITS

- Determination
- Motivation
- Respect



Girls' Strength and Conditioning

DAY(S): WEDNESDAYS

LOCATION: THE ZONE

YEARS: ALL YEARS

Keep fit and have fun using our fantastic facilities at our gym - The Zone. This is a Girls Only Club and allows you to develop your determination by working on your fitness goals.

Unlike the Girls' Fitness Club, Strength and Conditioning will be more focused on improving sporting performance whilst making new friendships along the way.



ACTIVITY LEAD
MRS TAYLOR



CHARACTER TRAITS

- Determination
- Motivation
- Respect



Hockey

DAY(S): THURSDAYS, 3PM-4:30PM

LOCATION: ASTRO

YEARS: 7 - 10 BOYS & GIRLS

Boys and girls are invited to play hockey on Thursdays as we train for competitive fixtures against other schools throughout the academic year.

Our Year 9 Boys' Team (pictured right) experienced tremendous success last year, reaching the regional finals hosted at Milfield School in Somerset.



JOINT ACTIVITY LEADS

MISS MELLERUP
- AND -
MR JENKIN



CHARACTER TRAITS

- Teamwork
- Motivation



Netball

DAY(S):

TUESDAYS: 3PM-4:30PM (YEARS 7 & 10)

THURSDAYS: 3PM-4:30PM (YEARS 8, 9 & 11)

FRIDAYS: 3PM-4:30PM (YEARS 7 & 8)

LOCATION: SPORTS HALL & COURTS

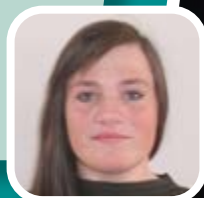
Netball is one of our most popular clubs, with students from accross all age groups taking part in various fixtures and county tournaments throughout the year.

A fantastic opportunity to develop your skills and play against other schools. Our students make friendships that last a lifetime at this club.



JOINT ACTIVITY LEADS

MRS RAZZELL
AND
MISS SKELTON



CHARACTER TRAITS

- Teamwork
- Motivation



Volleyball

DAY(S): THURSDAY

LOCATION: SPORTS HALL

YEARS: 7 - 11

Volleyball is a team sport in which two teams are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules. It has been a part of the official program of the Summer Olympic Games since Tokyo 1964.



ACTIVITY LEAD
MR PALMER



CHARACTER TRAITS

- Teamwork
- Confidence
- Motivation

How to sign up?

Students can register their Penrice Plus club preferences from home alongside their parents/carers via an online form (coming soon). Students will also be prompted during tutor times where no clubs have been selected.

Application Form for New
Year 7 Students



Application Form for
Years 8 - 11



The above application forms will begin accepting responses on Wednesday 19th July at midday.

Application Information

Please note that allocations are not made first-come first-served basis. As with every Penrice Plus sign up process, some clubs have limited capacity, therefore places cannot be guaranteed. We will always try our best to ensure every child gets fair opportunities – those students who didn't get their first-choice activity in Autumn Term are more likely to get their first-choice this term.

Key Personnel



MR J HAMMERSLEY

Deputy Head + Penrice Plus Lead

Key Dates/Timeframes

**Activities Brochure
Launch**

14th July

**Parent-Student Discussions
& Preferences Submissions
Window**

**14th July
to
4th September**

**Sweep Up
(Tutor Sign Up Sessions)**

**5th September
to
7th September**

**Student Choices
Confirmed**

**15th
September**





PLUS

Penrice 
Find Your Extra

Mr J Hammersley
Deputy Headteacher & Penrice Plus Lead

Penrice Plus Enquiries: enquiries@penrice.org.uk
Telephone: 01726 72163 (Reception)

Penrice Academy, Charlestown Road, St Austell, Cornwall, PL25 3NR