

Penrice

Find Your Extra

Spring Term 2024
Interactive Activities Brochure





Penrice 
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

Assistant 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 2022-23 Academic Year

29,952

Sessions attended

OVER 100

Clubs and activities on offer

OVER 225

competitive fixtures and/or events



SPRING TERM CLUBS & ACTIVITIES

MONDAY

Homework Club Y7-11
CS3 & The Core (TC)

Cross Country  Y7-11
Playing Fields (AJ)

APPLY ONLINE

Preferences form opens
at 4:00pm on 24/11/2023
and closes at 11:59pm on
03/12/2023.

KEY



ARTS



WELLBEING



ACADEMIC



SPORTS

TUESDAY

Drama Club Y7&8
Drama Studio (AR)

Ukrainian Club  INVITE ONLY
LC2 (IHC)

Duke of Edinburgh Y8-11
S13 (AP)

Homework Club Y7-11
CS3 & The Core (TC)

Basketball  Y7&8
Sports Hall (MR)

Boys' Football  Y7-9
Playing Fields (DM)

Girls' Fitness Y7-10
The Zone (EH)

Hockey  Y7-11
Astro (NM & DM)

Netball  Y8&9
Sports Hall & Courts (CR/SS)

Performance Sports
Represent Penrice in Fixtures

WEDNESDAY

Oliver (2024 Production) Y7-11
Assembly Hall (PB)

Set & Prop Design Y7-11
T1 & T2 (AE)

British Sign Language Y7-11
E1 (AA)

Chess Club Y7-11
M7 (FS)

Colour Me Calm Y7-10
LC3 (MC)

Couch to 5k (Running) Y7-11
E7 & Outdoors (SA)

Diamond Art / Mindfulness Y7-11
Art Block (JH)

Farm Y8
AC1 & Penrice Farm (CH)

Penrice+ Baking Y7-10
T3 & T4 (GS/AS)

Critical Thinking Y9-11
H4 (RH)

Debating Society Y7-9
H6 (PBR)

Fiction Addiction Y7-10
Library (AH)

History Mystery Y7-11
H5 (GW)

Homework Club Y7-11
CS3 & The Core (TC)

WEDNESDAY CONT.

Python Coding Y9-11
CS6 (OB)

Science Club Y7-9
S8 (JG)

5-a-side Football Y9&10
Astro (GP)

Basketball  Y9&10
Sports Hall (MR)

Boys' Football  Y10
Playing Fields (DM)

Girls' Football  Y7-11
Playing Fields (NM & RW)

Girls' HIIT Y8-11
The Zone (VT)

Netball  Y7-9
Sports Hall & Courts (CR/SS)

THURSDAY

Escape Rooms Y7-11
M12 (JH)

Green Team Y7-10
S3 (AF)

Ukrainian Club  INVITE ONLY
LC2 (IHC)

Homework Club Y7-11
CS3 & The Core (TC)

SEND Careers Guidance Y10&11
CS6 (DM)

THURSDAY CONT.

The HPQ  INVITE ONLY
CS2 (KT)

Badminton Y7-11
Sports Hall (OO)

Boys' Gym Y9&10
The Zone (MS)

Boys' Rugby 7s  Y7-11
Playing Fields (JH)

Volleyball Y7-11
Sports Hall & Drama Studio (SG)

FRIDAY

Oliver (2024 Production) Y7-11
Assembly Hall (PB)

Boys' Football  Y7&8
Playing Fields (DM)

Cricket (Nets)  Y7-11
Sports Hall (MR)

Girls' Football  Y7-11
Playing Fields (NM & RW)

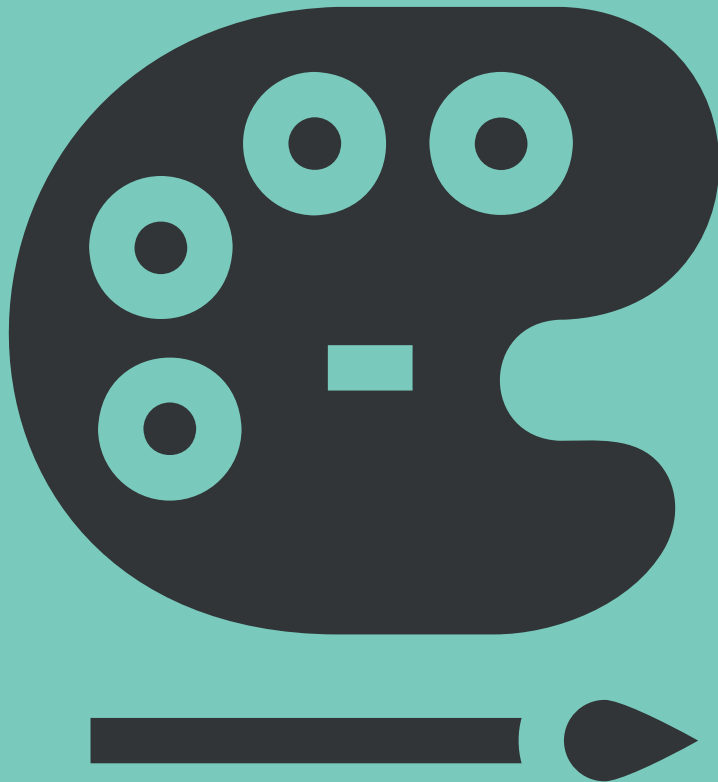
Hockey  Y7-11
Astro (NM & DM)

Netball  Y7&10
Sports Hall & Courts (CR/SS)

Ten Tors Y9&10
S13 (AP)



Arts Clubs



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Set and Prop Design (Oliver Jr.)

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SAVE THE DATE

Penrice Academy Presents:

OLIVER JR.

5th, 6th and 7th March 2024



Drama Club

DAY(S): TUESDAYS

LOCATION: DRAMA STUDIO

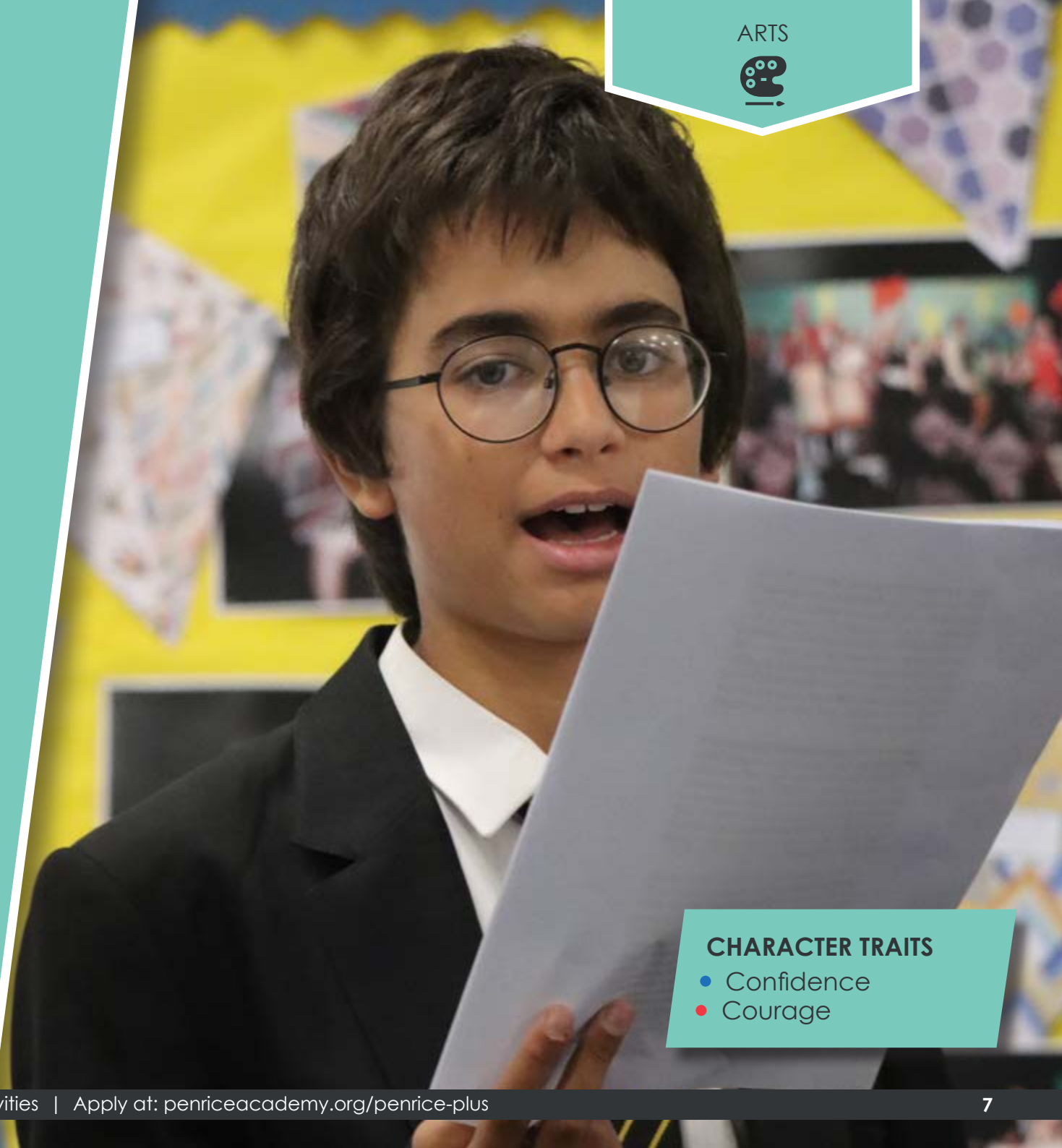
YEARS: 7 - 8

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



School Production (Oliver Jr.)

DAY(S): WEDNESDAYS & FRIDAYS

(LATE 5PM FINISH ON WEDNESDAYS)

LOCATION: ASSEMBLY HALL

YEARS: 7 - 11

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.



ACTIVITY LEAD
MR BRODEY

ARTS



*Picture from Matilda,
School Production 2022*

CHARACTER TRAITS

- Confidence
- Teamwork
- Courage



Set and Prop Design (Oliver Jr.)

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

LOCATION: T1 & T2

YEARS: 7 - 11

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

CHARACTER TRAITS

- Resourcefulness
- Creativity





Wellbeing Clubs



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British Sign Language

DAY(S): WEDNESDAYS

LOCATION: E1

YEARS: 7 - 11

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: M7

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 STOKES



*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

CHARACTER TRAITS

- Creativity
- Reflection



Couch to 5K

DAY(S): WEDNESDAYS

LOCATION: MEET IN E7

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): WEDNESDAYS

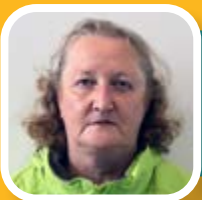
LOCATION: ART BLOCK

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



Escape Rooms

DAY(S): THURSDAYS

LOCATION: M12

YEARS: 7 - 11

Can you work as a team to crack codes, solve puzzles, play games and work together to escape the room before your time is up?

Great brain-scratching fun, we will have a different theme every week – anything from Ancient Egypt and wizarding wonderlands to spies and bank heists.



ACTIVITY LEAD
MRS HOLE

NEW!

WELLBEING



CHARACTER TRAITS

- Creativity
- Resourcesfulness
- Teamwork



Green Team

DAY(S): THURSDAYS

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: T3 & T4

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



Ukrainian Club

DAY(S): TUESDAYS & THURSDAYS

LOCATION: LC2

YEARS: INVITE ONLY, YEARS 7 - 11

An invite only club for all Ukrainian students to socialise, learn English skills, receive additional pastoral support and make new friends.

We also have some upcoming activities and trips planned!



ACTIVITY LEAD
MRS HUNTER-CRAIG

PROUDLY SUPPORTING UKRAINE



CHARACTER TRAITS

- Neighbourliness
- Service
- Compassion



Academic Clubs



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Critical Thinking

DAY(S): WEDNESDAYS (3:00PM - 4:15PM)

LOCATION: H4

YEARS: 9 - 11

A six-session programme of group discussions to develop your critical thinking skills and improve your ability analyse and evaluate findings. This is part of the Penrice Scholarship Programme, but all students are welcome to attend from Years 9 to 11.

The Sessions:

1. Metacognition
2. International Politics & World Power
3. Futureproofing (what does the future look like?)
4. Human Expression in Art
5. Human Expression in Literature
6. Present Your Own Thinking



ACTIVITY LEAD
MR HAWKES

NEW!

ACADEMIC



CHARACTER TRAITS

- Critical Thinking
- Reflection
- Judgement
- Integrity



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



CHARACTER TRAITS

- Critical Thinking
- Reflection
- Reasoning
- Respect



Duke of Edinburgh Award

DAY(S): TUESDAYS

LOCATION: S13

YEARS: 9, 10 & 11 + PRE-SIGNUPS IN YEAR 8

Duke of Edinburgh is an international programme that develops a person's skills and confidence.

You need to work towards the completion of four activity categories over either a 3 or 6 month period.

The award culminates with a two day hike, camping overnight in the open and being completely self-sufficient. We have equipment that can be borrowed and funding is available.



ACTIVITY LEAD
MS PENROSE



AWARD ACTIVITIES

Volunteering
New Skill
Physical Activity
Expedition

CHARACTER TRAITS

- Resilience
- Confidence
- Service
- Volunteering



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



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 very popular at Penrice, giving students a space to study without home distractions.

We look forward to seeing you there!



ACTIVITY LEAD
MS COLEMAN

JUST TURN UP!

No advanced sign-up required.

ACADEMIC



CHARACTER TRAITS

- Motivation
- Determination





Python Coding Club

DAY(S): WEDNESDAYS

LOCATION: CS6

YEARS: 9 - 11

Python is one of the major text-based programming languages used in industry by a large and diverse range of tech companies and organisations including Google, IBM and NASA.

In Python Coding Club you will further develop your programming skills learnt in class and begin to apply them to a number of scenarios including: game development, generative design and the development of GUI's (Graphical User Interfaces).

The club will also open up to Year 8 students in the Summer Term.



ACTIVITY LEAD
MR BROTHERHOOD

NEW!

ACADEMIC



CHARACTER TRAITS

- Resourcesfulness
- Creativity
- Teamwork



Science Club

DAY(S): WEDNESDAYS

LOCATION: S8

YEARS: 7 - 9

Through activities of Science Club, the learning of Science becomes enjoyable. You'll experience Fire, Bunsen burners, colour changes, fizzing, bangs and pops!

Spend your evening being curious, testing theories and experimenting!



ACTIVITY LEAD
MRS GRASSBY



CHARACTER TRAITS

- Curiosity
- Motivation



SEND Careers Guidance

DAY(S): THURSDAYS

LOCATION: CS6

YEARS: 10 & 11

A club for Year 10s and Year 11s.

Need help with researching a work experience placement? Letter writing? Want to talk to someone about the differences between A levels and T levels?

Maybe you just want somewhere quiet to sit and have a look at Careers Pilot. Please feel free to come along.



ACTIVITY LEAD
MR MATTHEWS

JUST TURN UP!

No advanced sign-up required.

NEW!

ACADEMIC



CHARACTER TRAITS

- Curiosity
- Motivation
- Determination



The Higher Project Qualification

DAY(S): THURSDAYS

LOCATION: CS2

YEARS: INVITE ONLY, YEAR 10

The Higher Project Qualification (HPQ) is an extra-curricular opportunity to push our most academically able.

This Level 2 qualification is equivalent to half a GCSE and allows students to discover the joys of independent learning, take responsibility for their own study and develop new life and study skills.

Further information will be contained within invites.



ACTIVITY LEAD
MR TOMS

NEW!

ACADEMIC



CHARACTER TRAITS

- Curiosity
- Motivation



Sports Clubs



P = Performance Sport
Click to learn more

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All sports clubs finish at 4:30pm unless stated otherwise.



Sporting Penrice Pride

Our goal is to make sure that every child establishes a deep-rooted love of exercise. To achieve this, we aim for students to be constantly included in PE and pushed to succeed, regardless of their sporting ability.

Performance Sports

Whilst inclusivity is a key focus, there are also times when we must pick teams to represent the school in major county and national tournaments. This is a great honour for students who can proudly represent the school at the top level. These sports are marked with a 'P' for Performance Sports in this section.

IMPORTANT: All students are invited to train in Performance Sports as we also run fixtures for B and C teams in as many sports as possible. This ensures that every student gets the opportunity to proudly represent Penrice.



= Performance Sport



OVER 200
Competitive Fixtures
in 2022/23



5-a-side Football

DAY(S): WEDNESDAYS (3PM - 4:15PM)

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



CHARACTER TRAITS

- Teamwork
- Confidence



Badminton

DAY(S): THURSDAY (3PM - 4PM)

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.



ACTIVITY LEAD
MR OLEFHILE



CHARACTER TRAITS

- Teamwork
- Neighbourliness



Basketball

DAY(S):

TUESDAYS: YEARS 7 & 8

WEDNESDAYS: YEARS 9 & 10

LOCATION: SPORTS HALL

Basketball involves two teams of five active players each trying to score points against one another by throwing a ball throw a basket.

Attendance is extremely high at this club and, with fixtures coming up, it will be key to keep your motivation high and regularly attend training to get into the team!

Both boys and girls are invited to attend this club.



ACTIVITY LEAD
MR ROWE

BEGINS AFTER FEBRUARY HALF TERM

SPORTS

**CHARACTER TRAITS**

- Teamwork
- Motivation



Boys' Football

DAY(S):

TUESDAYS: YEARS 7, 8 & 9

WEDNESDAYS: YEAR 10

FRIDAYS: YEARS 7 & 8

LOCATION: PLAYING FIELDS

Boys' Football is for those who want to develop their skills and compete in fixtures against other schools in both County and National competition. We train regularly and really encourage all our students to compete at a high level.

Commitment is key as we prepare for the county cups



ACTIVITY LEAD
MR MEENS

SPORTS



CHARACTER TRAITS

- Teamwork
- Resilience



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 7s

DAY(S): THURSDAYS

LOCATION: PLAYING FIELDS

YEARS: 7 - 11

Boys' Rugby 7s is a short-term Penrice Plus activity for those students who wish to represent Penrice in our major Spring Term tournaments. You will be expected to commit to all sessions in the build up to these competitions.

You will learn about each aspect of the game, as well as tactics and core skills. These training sessions will stop running after your year group's major tournament has taken place. Due to the small number of players involved in Rugby 7s, there are limited spaces available for this activity.



ACTIVITY LEAD
MR HAMMERSLEY



CHARACTER TRAITS

- Determination
- Motivation
- Respect



NEW!

SPORTS



Cricket (Pre-Season Nets)

DAY(S): FRIDAYS**LOCATION:** SPORTS HALL**YEARS:** 7 - 11

Open to both boys and girls. With a combination of outdoor training and indoor nets, you can develop your ability to bat, bowl and field, and take that step closer to being the next Joe Root or Heather Knight.

With lots of success in indoor tournaments so far, could you add your skills to help Team Penrice be successful in the outdoor season - we have lots of fixtures booked in already!



ACTIVITY LEAD
MR ROWE

BEGINS AFTER FEBRUARY HALF TERM

CHARACTER TRAITS

- Teamwork
- Resilience
- Motivation



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



Looking for
beginner level?
Try **Couch to 5K**



CHARACTER TRAITS

- Determination
- Resilience
- Motivation



Girls' Fitness

DAY(S): TUESDAYS (3PM - 4PM)

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
MRS HAMMERSLEY



CHARACTER TRAITS

- Determination
- Motivation
- Respect



Girls' Football

DAY(S): WEDNESDAYS & FRIDAYS

LOCATION: PLAYING FIELDS

YEARS: 7 - 11

Did you watch the Women's Euro's 2022?
Do you want to be the next Chloe Kelly
and score the winning goal for England
one day?

Girls' football is a great way to have
fun with friends while working alongside
each other to improve your football
skills. We have great opportunities for
you to compete against other schools
if you wish, or to just come and have
fun while playing football!



JOINT ACTIVITY LEADS

MISS MELLERUP
- AND -
MR WARA



CHARACTER TRAITS

- Motivation
- Teamwork
- Respect



Girls' HIIT

DAY(S): WEDNESDAYS (3PM - 4PM)

LOCATION: THE ZONE

YEARS: 8 - 11

This is a girls only club for Year 8 to 11 that focuses on Tabata and HIIT (High Intensity Interval Training).

Be prepared to work hard and ensure you work to improve your technique each week. Bring a full drink and PE kit.

This club ends at 4pm. There are a maximum of 15 places.



ACTIVITY LEAD
MRS TAYLOR

CHARACTER TRAITS

- Determination
- Motivation
- Respect





Hockey

DAY(S): TUESDAYS & FRIDAYS

LOCATION: ASTRO

YEARS: 7 - 11

Boys and girls are invited to play hockey on Tuesdays and Fridays 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 MEENS



CHARACTER TRAITS

- Teamwork
- Motivation



Netball

DAY(S):

TUESDAYS: YEARS 8 & 9

WEDNESDAYS: YEARS 7, 8 & 9

FRIDAYS: YEARS 7 & 10

LOCATION: SPORTS HALL & COURTS

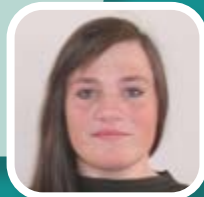
Netball is one of our most popular clubs, with students taking part in various fixtures and county tournaments throughout the year.

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



RUNS UNTIL FEBRUARY HALF TERM



CHARACTER TRAITS

- Teamwork
- Motivation



Ten Tors

DAY(S): EVERY OTHER FRIDAY & WEEKEND

LOCATION: S13 & THE MOORS

YEARS: 9 & 10

Blisters, sweat, aches and pains, but an unrivalled sense of pride as you cross the finish line following your expedition, clapped home by family and friends. These are the magical moments that you will remember forever – the moments that define you, teaching you key character traits such as self-sufficiency, resilience and determination.

This is the last chance to join us ahead of the 2024 Ten Tors challenge. We will be preparing you to walk 35 miles over the course of one weekend where you will also be expected to cook and set up camp with only the help of your teammates.

If you are interested, speak to Ms Penrose as soon as possible; you may be able to join in with a training session before Spring Term!



ACTIVITY LEAD
MS PENROSE



CHARACTER TRAITS

- Teamwork
- Determination
- Resilience
- Autonomy



Volleyball

DAY(S): THURSDAY (3:00PM - 4:15PM)

LOCATION: SPORTS HALL & DRAMA STUDIO

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
MISS GEOGHEGAN



CHARACTER TRAITS

- Teamwork
- Confidence
- Motivation

How to sign up?

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

Preferences Submission Form



The above application form opens on Friday 24th November at 4:00pm and closes at 11:59pm on Sunday 3rd December.

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

Assistant Head + Penrice Plus Lead



MRS S HARRISON

Enrichment Data Manager

Key Dates/Timeframes

Activities Brochure Launch	22nd November
Parent-Student Discussions	22nd November - 3rd December
Preferences Submission Form Opens	24th November at 4:00pm
Preferences Submission Form Closes	3rd December at 11:59pm
Student Choices Confirmed	w/b 11th December



Penrice

Find Your Extra

Mr J Hammersley

Assistant Headteacher & Penrice Plus Lead

Penrice Plus Enquiries: enquiries@penrice.org.uk

Telephone: 01726 72163 (Reception)

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