**On-site & Off-site Activities for National School Sports Week 2017**

**(Week A: Monday 3 July – Friday 7 July)**

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| **Monday, 3 July 2017 - National School Sports Week** | **ACTIVITIES** | **YEAR GROUP INVOLVED** | **TIMES AND**  **VENUE** | **INFORMATION** |
| Year 9 Sports Events | All Year 9 Students | 11.30am – 1.30pm  Meet on AW1  **On-site** | The PE Department will be hosting two hours of sport for each Year Group. This will involve a range of different sport experiences winning points for allocated teams. The emphasis is on participation and enjoyment with an element of competition. PE kit must be worn into College and can be worn to Block 5. Please meet on the Astro with bags and drinks bottles. Please ensure you are dressed for the weather. All students must register with Tutors. **Teachers: PE Department (No Cost) – HTT to lead, Dent, DAP, FWK, KEZ & BTEC Students** |
| PE Lessons | Year 8 – Block 2  Year 8 – Block 5  Year 10 – Block 5 | 10.10am – 11.10am  2.30pm – 3.30pm **On-site** | Students will have PE lessons but the activities will be as follows:  All Girls – Tennis on the Tennis Courts (FWK to lead)  All Boys – Fitness Session on AW2 (HTT to lead)  GCSE PE – Rounders on top field (PPT to lead CFT group)  8i4, 8y5 & 8y8 – Kurling & Archery in the Sports Hall (DAP & GREEN) |
| Rugby Workshop | Year 9 & 10 Students  30 Places Available | 9.10am – 3.30pm  Meet on AW1  **On-site** | The day will consist of speed & agility training, strength & conditioning, rehab, individual skills, learning through games and a competition to end the day. Students will need to bring a nutritious full packed lunch, 2 litres of water, training gear including boots, trainers, gumshields and sun cream! Students can wear rugby kit into College and remain in kit all day. **Teachers: Mr Russell** **(No Cost)** |
| Football Workshop | Year 7 & 8  Girls & Boys  30 Place Available | 10.10am – 1.30pm  Meet on AW1  **On-site** | Students have the opportunity to participate in a 3 hour football session with Mr Leonard. Students must wear their football kit into College and meet on AW1 at 10.10am. Students must bring their bags to AW1. Students will have break at the normal times and return to the session. Please bring plenty of drink to the workshop. Please also remember your shin pads! **Teacher: Mr Leonard (No Cost)** |
| At-Bristol Science Centre | Year 8  Selected Students | 8am – 6pm  Bristol  **Off-site** | Selected students in Year 8 have the opportunity to spend the day At-Bristol Science Centre. Students will watch the 3D planetarium show, light show and wander the museum and have the chance to try the hands-on Science activities in the Exhibition halls. Selected students will receive a letter outlining all the details for the trip. Please meet at the Coach Park for this trip. **Cost: £23 Teacher: Mr Stancombe, Miss Murphy, Mr Raby, Mr Lyall & Mr Papworth** |
| Indoor Rock Climbing | Year 9 GCSE PE Students  15 Spaces Available | 9am – 3.30pm  Dart Rock Climbing Centre Buckfastleigh  **Off-site** | Students will have the opportunity to spend the day climbing, bouldering, abseiling, and exploring the artificial cave system and caving ladder. Students must wear practical and sensible clothing and climbing footwear (trainers). Students must bring a bag, packed lunch and plenty to drink. Students are to meet outside Community Sports. **Cost: £25 Teachers: Mr T Brown** |
| Mountain Biking & Orienteering at Barton Hall | Year 7 & 8  16 Spaces Available | 8am – 3.30pm Barton Hall Adventure Centre, Torquay  **Off-site** | Students have the opportunity to participate in two activities at Barton Hall Adventure Centre (PGL). The two activities include Orienterring and Mountain Biking. Students must wear sport type clothing and trainers suited for the activities. Ensure clothing is suitable for all weather conditions. Students need to bring a bag with a towel, change of clothes, sun cream, packed lunch and plenty of water. Students are to meet outside Community Sports.  **Cost: £42 Teachers: Mr Barry & Mr Turnball** |
| Dartmoor Walk | All Year Groups  30 Spaces Available | 9.10am – 3.30pm  Dartmoor  **Off-site** | Students have the opportunity to walk along the moors. Students are required to meet outside the Outdoor Education Room (under the Gymnasium). They will need a packed lunch and drink. Students are required to wear sensible outdoor clothing/footwear, bring an extra layer and a waterproof jacket and bring sun cream. They should also have a rucksack to carry their items of clothing and food. **Teachers: Mrs Russell, Mr Mitchell & Miss Broom (No Cost)** |

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|  | **ACTIVITIES** | **YEAR GROUP INVOLVED** | **TIMES AND**  **VENUE** | **INFORMATION** |
| Dance Workshop with a Professional Dancer Hannah Bertram | Year 7 & 8  30 Places  Available | 9.10am – 3.30pm  Gymnasium  **On-site** | Year 7 & 8 students are invited to attend a dance workshop with a professional dancer Hannah Bertram. The day will be aimed towards producing a dance and developing dance styles and skills. Students must wear dance clothing into College and bring plenty of fluids. Break and lunch will be at normal times. Meet in the Gymnasium at 9.10am. Please bring bags with you.  **Cost: £10 Teacher: Hannah Bertram & Miss Douglas** |
| Basketball Trip to London | Under 14 Basketball Team | 7.30am – 7.30pm London  **Off-site** | The team will travel to London to play in a triangular tournament against London Schools on the Monday. On the Tuesday, the team will visit the Olympic park to visit the stadiums and park. Additional letters have been given to the team for this trip. **Cost: £45 Teachers: Mr Clift & Mr Waldron** |
| Yr 10 GCSE Dance Workshop | All Year 10 GCSE Dancers | 8.30am – 3.30pm  Performance Hall & Dining Hall  **On-site** | GCSE Dance students are invited to a workshop with Miss Todman and Mrs Reddy to develop their GCSE Dance performances. Students may wear their dance attire into College and remain in kit for the day. A structured itinerary will be passed to the students for this day nearer the time. Please meet in the Performance Hall for 8.30am. **Teachers: Miss Todman & Mrs Reddy (No Cost)** |
| Musical Theatre Workshop | Year 10 – 13  (current members of MTG) | 9.10am – 3.30pm  C308  **On-site** | This is a workshop for existing members of iMTG and sMTG to prepare work for the Musical Theatre show on Saturday 15 July. Students will break at normal times. Students must wear practical clothing for the day. Please bring plenty of water. Meet in the Performance Hall for 9.10am. **Teachers: Mr Whitehorn (No Cost)** |
| Splashdown, Water Park Quaywest | Year 7  40 Places Available | 9.00am – 3.30pm  Paignton  **Off-site** | Students have the exciting opportunity to try out the Quaywest Water Park in Paignton. Students are allowed to wear any clothing to this event, but please remember your swim wear and towel! Please bring change for the lockers and a change of clothes for after! Please bring sun cream just in case it is sunny!  In addition students will require their own packed lunch and fluids. Students are to meet at the Coach Park for 9.00am **Cost: £21 Teachers: Mr C Brown, Mrs Thorne & Miss McGarry & BTEC Students** |
| Alton Towers | Year 10  Rewards trip  40 Places | 4.30am – 11.30pm  Meet at coch park  **Off-site** | Tutors have selected students to spend a day at Alton Towers. Students are to meet in the Coach Park dressed and prepared for the weather. Sensible footwear is required and a packed breakfast, lunch and tea. Plenty of fluids are required for the day. Students may purchase food and items at the park; therefore a small bag is required to carry around the park. Please meet at the Coach Park for this trip. Students must be collected from the Coach Park. Students must bring sun cream and a waterproof jacket. **Cost: £45 Teachers: Mr Knightley, Miss Sarson, Mr Guy, Miss Harris & BTEC Students Jack & Robbie** |
| Netball Workshop | Year 7  30 Places Available | 9.10am – 11.30am  Meet in Studio 1  **On-Site** | All Year 7 students have the opportunity to participate in a 2 hour netball training session. Students are required to be already dressed in their netball training attire. Students are to meet in Studio 1 with bags and a drinks bottle. Students must be prepared for all weather conditions. Students may wear their netball/sport all day attire. **Teacher: Miss Dent** **(No Cost)** |
| Gig Rowing | Year 10  Girls Only  8 Places Available | 8.15am – 1.30pm  River Tamar  **Off-site** | Students can experience a gig rowing session on the River Tamar, this is a chance to try fixed seat rowing which is one of the fastest growing sports in the southwest. Students may wear sport type clothing for the day. Please ensure you bring a bag with a change of clothes, towel, packed lunch and plenty of water. Be prepared for all weather conditions (suncream and rain jacket!). Meet outside Community Sports. **Cost: £6 Teacher: Mrs Philpot** |
| Surfing with Surfs Up, Polzeath | Year 7 & 8  28 Places Available | 8am – 6.30pm  Polzeath  **Off-site** | A surfing trip is organised for students of all abilities. However, students must be confident swimmers and able to swim at least 200m. Students will spend the day at the beach, they will receive two surfing lessons; one in the morning and one in the afternoon (10am and 1pm). Students will also have the opportunity to take part in fun beach activities. Students must bring suitable clothing, sun cream, towels, change of clothes, spare clothing and swimming attire. Students will be given a wetsuit and a surf board to use. Students must meet outside Community Sports at 7.30am. **Cost: £32 Teachers: Mr Cater, Mr Arthur & Mrs Bridge** |

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| **Tuesday, 4 July 2017 National School Sports Week** | **ACTIVITIES** | **YEAR GROUP INVOLVED** | **TIMES AND**  **VENUE** | **INFORMATION** |
| Year 8 Sports Events | All Year 8 | 12.30pm – 3.30pm  Meet on AW1  **On-site** | The PE Department will be hosting an afternoon of sport for each Year Group. This will involve a range of different sport experiences winning points for allocated teams. The emphasis is on participation and enjoyment with an element of competition. PE kit must be worn into College and can be worn to Block 5. Please meet on the AW pitch with bags and drinks bottles. Please ensure you are dressed for the weather. Students will break for lunch. **Teachers: PE Department (No Cost) - HTT to lead, PPT, KGY, CTR, DAP, KEZ & BTEC Students** |
| PE Lessons | Year 8 – Block 2  Year 7 – Block 3  Year 10 – Block 4 | 10.10am – 11.10am  11.30am – 12.30pm  12.30pm – 1.30pm  **On-site** | Students will have PE lessons but the activities will be as follows:  All Girls – Tennis on the Tennis Courts (HLL to lead)  All Boys – Fitness Session on AW2 (BRN to lead)  GCSE PE Block 4 – Rounders on top field (KEZ to lead)  8i3, 7iy8, 7iy4, 8yz8, 8yz7 – Kurling & Archery in the Sports Hall (DAP & GREEN) |
| Rugby Workshop | Year 9 & 10 Students  30 Places Available | 9.10am – 3.30pm  Meet on AW1  **On-site** | The day will consist of speed & agility training, strength & conditioning, rehab, individual skills, learning through games and a competition to end the day. Students will need to bring a nutritious full packed lunch, 2 litres of water, training gear including boots, trainers, gumshields and sun cream! **Teachers: Mr Russell** **(No Cost)** |
| Football Workshop | Yr 9 & 10  Girls & Boys  30 Places Available | 10.10am – 1.30pm  Meet on AW1  **On-site** | Students have the opportunity to participate in a 3 hour football session with Mr Leonard. Students must wear their football kit into College and meet on AW1 at 10.10am. Students must bring their bags to AW1. Students will have break at the normal times and return to the session. Please bring plenty of drink to the workshop. Please also remember your shin pads! **Teacher: Mr Leonard (No Cost)** |
| Year 8 Rewards Trip Woodlands | Year 8  40 Places Available for Selected Students | 9.00am – 5.00pm  Woodlands  **Off-site** | Students have the opportunity to go to Woodlands for the day! Students are to wear leisure type clothing, adequate for running, log flumes and rides. Please can students wear trainers and bring a bag with a small towel. Students might want to pack a waterproof jacket depending on weather conditions. Pack the sun cream too! Students will require a packed lunch and a drink. Students will be responsible for their own bags and money. Please meet at the Coach Park for this trip. **Cost: £18 Teachers: Mr Reynolds, Miss Harris, Mrs Shilabeer, Mrs Beck & BTEC Students** |
| Basketball Trip to London | Under 14 Basketball Team | 7.30am – 7.30pm London  **Off-site** | The team will travel to London to play in a triangular tournament against London Schools on the Monday. On the Tuesday, the team will visit the Olympic park to visit the stadiums and park. Additional letters have been given to the team for this trip. **Cost: £45 Teachers: Mr Clift & Mr Waldron** |
|  | Netball Workshop | Year 8  30 Places Available | 11.30am – 1.30pm  Meet in Studio 1  **On-Site** | All Year 8 students have the opportunity to participate in a 2 hour netball training session. Students are required to be already dressed in their netball training attire. Students are to meet in Studio 1 with bags and a drinks bottle. Students must be prepared for all weather conditions. Students may wear their netball/sport all day attire. **Teacher: Miss Dent** **(No Cost)** |
| Indoor Rock Climbing | Year 10 GCSE PE Students  15 Places Available | 9am – 3.30pm  Dart Rock Climbing Centre Buckfastleigh  **Off-site** | Students will have the opportunity to spend the day climbing, bouldering, abseiling, and exploring the artificial cave system and caving ladder. Students must wear practical and sensible clothing and climbing footwear (trainers). Students must bring a bag, packed lunch and plenty to drink. Students are to meet outside Community Sports. **Cost: £25 Teachers: Mr T Brown** |
| Paignton Zoo | Year 9 Students  30 Places Available | 9am – 3.30pm  Paignton  **Off-site** | Selected students have the opportunity to visit Paignton Zoo for the day. All students must wear appropriate clothing for the day at the zoo and weather conditions. Students must bring a packed lunch and drinks. Students are to meet outside Community Sports for 9am. **Cost: £8 Teachers: Mrs Berry, Mr Barry, Mr Hargreaves & BTEC Students** |
| Marine Discovery &  Wildlife Watching Sailing Trip from Penzance | Year 9 & 10 Students  12 Places Available | 6.45am – 3.30pm  Penzance  **Off-site** | Do you enjoy being out on the open sea or are you thinking of being a marine scientist? If so this trip is for you. Set sail for 3 hours off of the south coast to try and spot the variety of large marine creatures the UK has to offer. You could potentially see seals, feeding gannets, basking sharks, dolphins and maybe more. The trip will also show off the spectacular Cornish coast line including St Michael’s Mount and the Minack Theatre. The trip is not for the faint hearted and you should be comfortable being on a boat for 3 hours in changing weather conditions. You will need warm waterproof clothes, hat, sun cream, sunglass, trainers, a packed lunch and of course a camera. Please remember that these are wild animals and that sightings are not guaranteed. Meet outside Community Sports at 6.45am. **Cost: £31 Teacher: Mr Papworth & Mr Guy** |
| Dance Workshop with a Professional Dancer Hannah Bertram | Year 9 & 10  30 Places  Available | 9.10am – 3.30pm  Gymnasium  **On-site** | Year 9 & 10 students are invited to attend a dance workshop with a professional dancer Hannah Bertram. The day will be aimed towards producing a dance and developing dance styles and skills. Students must wear dance clothing into College and bring plenty of fluids. Break and lunch will be at normal times. Meet in the Gymnasium at 9.10am. Please bring bags with you. **Cost: £10 Teacher: Hannah Bertram & Miss Douglas** |
| Techincal Theatre Workshop Day | All Years  30 Places Available | 9.10am – 3.30pm  Performance Hall  C308  C306  **On-site** | Students have the opportunity to learn about the backstage and technical aspects of theatre; lighting, sound and stage management. No previous experience or knowledge is required. Students should wear practical type clothing for the day with no open toe shoes. Please meet in the Performance Hall for 9.10am. **Cost: £5 Teachers:** **Mr Whitehorn, external profressionals Nick Gingel & Chris Davis** |
| Splashdown, Water Park Quaywest | Year 8  40 Places Available | 9.00am – 3.30pm  Paignton  **Off-site** | Students have the exciting opportunity to try out the Quaywest Water Park in Paignton. Students are allowed to wear any clothing to this event, but please remember your swim wear and towel! Please bring change for the lockers and a change of clothes for after! Please bring sun cream just in case it is sunny!  In addition students will require their own packed lunch and fluids. Students are to meet at the Coach Park for 9.00am **Cost: £21 Teachers: Miss Todman, Mr Cater, Mrs Allott & BTEC Students** |
| Circus Skills Workshop with ‘Circus into Schools’ | Year 7 – Year 10  20 Places Available per workshop | **Yr 7**  9.10am – 10.10am  **Yr 8**  10.10am – 11.10am  **Yr 9 & Yr 10**  11.30am – 12.30pm  Dining Hall  **On-site** | Students have the opportunity to take part in a 1 hour Circus Skills Workshop with a professional company ‘Circus into Schools’. Students will have an hour to attempt wire walking, the unicycle, hula hoops, plate spinning, juggling, hand-held stilts, poi, diablo, peacock feather balances and the balance beam. Students must wear sport type clothing into College or PE kit. Students can remain in their sport attire for the rest of the day. No jeans allowed. Meet outside the Dining Hall 5 mins before your workshop.  **Cost: £3.50 Teacher: Led by a Professional artisit. Mrs Pearce to oversee the workshops** |

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| **Wednesday, 3 July 2017 - National School Sports Week** | **ACTIVITIES** | **YEAR GROUP INVOLVED** | **TIMES AND**  **VENUE** | **INFORMATION** |
| Rugby Workshop | Selected Year 8 | 9.10am – 3.30pm  Meet on AW1  **On-site** | The day will consist of speed & agility training, strength & conditioning, rehab, individual skills, learning through games and a competition to end the day. Students will need to bring a nutritious full packed lunch, 2 litres of water, training gear including boots, trainers, gumshields and sun cream! **Teachers: Mr Russell** **(No Cost)** |
| PE Lessons | Year 7 – Block 1  Year 9 – Block 2  Year 8 – Block 5  Year 9 – Block 5 | 9.10am – 10.10am  10.10am – 11.10am  2.30pm – 3.30pm  **On-site** | Students will have PE lessons but the activities will be as follows:  All Girls – Tennis on the Tennis Courts (HTT to lead)  All Boys – Fitness Session on AW2 (WDN to lead)  Block 5 Year 9 Girls - Tennis (HTT to lead)  Block 5 Year 8 Girls – Rocket Ball (PPT to lead)  Block 5 Year 9 Boys - Fitness Session on AW2 (WDN to lead)  Block 5 Year 8 Boys – Fitness Session on AW1 (CTR to lead)  **B1** 7vz7, 7vz8, **B2** 9iv7, 9iv4, **B5** 8v4, 9yz7 – Kurling & Archery in the Sports Hall (DAP & GREEN) |
| Billiot Elliot Workshop | All Cast  Plus additional students who would like to be involved in the show | 9.10am – 3.30pm  Performance Hall  **On-site** | This workshop will give you the exciting opportunity to find out about some of the aspects of being a musical theatre performer. You will be introduced to the vocal and characterisation requirements of two ensemble musical numbers from *Billy Elliot,* led by the college’s *Billy Elliot* Directors and our very own experienced Musical Director, Miss Ryan*.* This will lead to you taking part in a performance of the two numbers to an invited performance. Open to all students who have an interest in finding out more about musical theatre, in general, and also the possibility of being involved in the college’s production of *Billy Elliot*-planned for this December 2017. Students must wear loose clothing to allow for free and safe movement. Hair must be tied back, no jewellery to be worn or make up. Please bring plenty of water for the day. Please meet in the Performance Hall. **Teachers: Miss Ryan, Miss McGarry, Mr Whitehorn & Mrs Ruskin (No Cost)** |
| Crealy Adventure Park | Selected Year 7 Students  40 Places Available | 9.00am – 5.00pm  Exeter  **Off-site** | Students have been selected as part of the Year 7 rewards trip Crealy Adventure Park for the day! Students are to wear leisure type clothing, adequate for running, log flumes and rides. Please can students wear trainers and bring a bag with a small towel. Students might want to pack a waterproof jacket depending on weather conditions. Pack the sun cream too! Students will require a packed lunch and a drink. Students will be responsible for their own bags and money.Please meet at the Coach Park for this trip. **Cost: £20 Teachers: Mrs Shore, Mrs Samuel, Miss Hanton & Mrs Parsons** |
| Yr 10 Maths Trip to London | Yr 10 Selected Students  45 Places Available | London  **Off-site** | Forty five Year 10 students have been nominated by their Maths teachers to attend a reward trip to London. Nominations were based on student’s consistent hard work throughout Year 9. Three days of activities are planned for the trip in July including museums, River Thames cruise, London Eye, dinner at The Hard Rock Café and a day at Thorpe Park. All details are presented in the letter sent home by the Maths Department. **Teachers: Miss Lilley, Mr Mitchell, Miss Sarson, Mr Francombe & Mrs Russell** |
| The Cricket Activators course (Leaders Course) | Yr 9 & Yr 10 Students (must be 13 years or older)  28 Places Available | 9am – 12.30pm  G001 & AW2  **On-site** | The Cricket Activators course is an ideal first step to enable those aged 13+ to start getting involved in helping their school/club run cricket clubs.  This leadership course can be shaped towards coaching, officiating or groundskeeping depending on where your interest lies. The course will result in a certificate on completion of the course and voluntary coaching hours. Students must wear cricket attire or PE Kit for the day. Students will remain in kit in the afternoon. Please bring a pen and a water bottle. Breaks will be as normal. Please be prepared for all weather conditions. Meet in G001. **Cost: £5 Teachers: Cricket tutor & Mr Deacon** |
| Gymnastics Training Session | All Team & Girls Team members  40 Places Avialable | 11.30am – 3.30pm  Gymnasium  **On-site** | Students from Team Gym and Academy are invited to train for 2 hours with Ben Russell (leg strength) and 1 hour acrobatics. Please wear gymnastics attire into College for the day. Breaks and lunch will be at normal times. Please bring plenty of drinks. Students are to meet in the Gymnasium for registration. **Teachers: Mrs Reddy & Ben Russell (No Cost)** |
| Recreational Gymnastics Training Session for All | All Year Groups  30 Places Available | 11.30am – 3.30pm  Gymnasium  **On-site** | All students are welcome to train in gymnastics for 3 hours. The session will be for all students who are interested in gymnastics or enjoy their PE lessons and want to develop some new skills. Recreational gymnasts are welcome to join the training session. Lunchtime will be as normal and students will break for lunch. Students are allowed to wear gymnastics attire or PE kit into College and remain in their kit for the day. Please bring plenty to drink! Meet in the Gymnasium. **Teacher:** **Ashley Saunders (No Cost)** |
| Learn CPR | Year 9 & 10  20 Places Available in each workshop | **Workshop 1**  10.10am – 11.10am  **Workshop 2**  12.30pm – 1.30pm  Studio 2  **On-site** | Students have the opportunity to sign up for 1 wokshop to “Join a nation of life savers, and learn CPR.” By the end of the hour workshop students will be able to:  • understand the importance of CPR  • assess an unconscious casualty and check for breathing  • know how to perform CPR on both a child and an adult  • know how to put someone in the recovery position  • know how to request and use a Public Access Defibrillator(PAD).  Students will receive a certificate and wrist band on completion of the course. Students are allowed to wear PE kit or sport type clothing for the day. No jeans are allowed. Students may wear their sport type clothing into College. Students will need to meet 5 mins in advance of the workshop start time outside Studio 2. Please take all bags and personal items into the room with you. **Teacher: Barry Punchard & Mr Collins (No Cost)** |
| Kayaking and Stand Up Paddleboarding | Year 7 & 8  24 Places Available | 8.00am – 5.30pm  Mount BattenActivities Centre  **Off-site** | Try Kayaking and Stand Up Paddleboarding for a day at Mount Batten Activities Centre. Students must wear sports attire and bring a change of clothes and shoes for after the activity. Students must bring swimwear and a towel. In addition please be prepared for the weather, bring a waterproof jacket and/or sun cream and hat. Students must also bring a packed lunch and plenty of fluids. Students will return to the main staff car park outside Community Sports at 5.00pm - 5.30pm. Students will be led by qualified instructors, and the appropriate safety equipment will be worn. **Cost: £38 Teachers: Mr Ellis & Miss Todman** |
| Totnes Castle | Year 7  15 Places Available  Selected Students Only | 9.10am – 3.30pm  Totnes  **Off-site** | Selected students from Year 7 have been selected to visit Totness Castle. Students will receive a separate letter for this trip. **Teacher: Mrs Morris** |
| Hockey Workshop | Year 7 – 10  16 Places Available | 9.10am – 3.30pm  Marjons  **Off-site** | Students have the opportunity to develop their hockey skills at Marjons for a 4 hour workshop led by by coaches from Hockey Dynamics. Students must wear sport type clothing suitable for all weather conditions. Please pack sun cream, packed lunch and plenty to drink. Please also bring a change of clothes. Students will alos require shin pads and gum shields. Please meet outside Community Sports at 9.10am. **Cost: £12 Teachers: Mr Fenwick** |
| Splashdown, Water Park Quaywest | Year 9  40 Places Available | 9.00am – 3.30pm  Paignton  **Off-site** | Students have the exciting opportunity to try out the Quaywest Water Park in Paignton. Students are allowed to wear any clothing to this event, but please remember your swim wear and towel! Please bring change for the lockers and a change of clothes for after! Please bring sunscreen just in case it is sunny!  In addition students will require their own packed lunch and fluids. Students are to meet at the Coach Park for 9.00am. **Cost: £21 Teachers: Mr T Brown, Miss Roberts & Miss Douglas** |
| Kayaking and Stand Up Paddleboarding | Year 7 & 8  24 Places Available | 8.00am – 5.30pm  Mount BattenActivities Centre  **Off-site** | Try Kayaking and Stand Up Paddleboarding for a day at Mount Batten Activities Centre. Students must wear sports attire and bring a change of clothes and shoes for after the activity. Students must bring swimwear and a towel. In addition please be prepared for the weather, bring a waterproof jacket and/or sun cream and hat. Students must also bring a packed lunch and plenty of fluids. Students will return to the main staff car park outside Community Sports at 5.00pm - 5.30pm. Students will be led by qualified instructors, and the appropriate safety equipment will be worn. **Cost: £38 Teachers: Mr Ellis & Miss Todman** |

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| **Thursday, 6 July 2017 – National School Sports Week** | **ACTIVITIES** | **YEAR GROUP INVOLVED** | **TIMES AND**  **VENUE** | **INFORMATION** |
| PE Lessons | Year 10 – Block 1  Year 10 – Block 3  Year 7 – Block 5 | 9.10am – 10.10am  11.30pm – 12.30pm  12.30pm – 1.30pm  **On-site** | Students will have PE lessons but the activities will be as follows:  All Girls – Tennis on the Tennis Courts (PPT to lead)  All Boys – Fitness Session on AW2 (BRW to lead)  **B1** 10v4 **B3** 10y4, 10i4 **B5** 7iy7, 7iy8 – Kurling & Archery in the Sports Hall (DAP & GREEN) |
| Rugby Workshop | Selected Year 7 | 9.10am – 3.30pm  Meet on AW1  **On-site** | The day will consist of speed & agility training, strength & conditioning, rehab, individual skills, learning through games and a competition to end the day. Students will need to bring a nutritious full packed lunch, 2 litres of water, training gear including boots, trainers, gumshields and sun cream! **Teachers: Mr Russell** **(No Cost)** |
| Billiot Elliot Workshop | All Cast  Plus additional students who would like to be involved in the show | 9.10am – 3.30pm  Performance Hall  **On-site** | This workshop leads on from Wednesday’s Workshop 1. It will give you the exciting opportunity to rehearse and then perform work explored through both workshops to an invited audience. You will combine the vocal and characterisation work developed in Workshop 1, together with movement choreographed by the college’s *Billy Elliot* Choreographers, Miss Todman and Miss Douglas, to find out what it really takes to be musical theatre performer!  The workshop is open to all students who have an interest in finding out more about musical theatre, in general, and also the possibility of being involved in the college’s production of *Billy Elliot*-planned for this December 2017. Please meet in the Performance Hall. **Teachers: Miss Todman & Miss Douglas (No Cost))** |
| Yr 10 Maths Trip to London | Yr 10 Selected Students  45 Places Available | London  **Off-site** | Forty five Year 10 students have been nominated by their Maths teachers to attend a reward trip to London. Nominations were based on student’s consistent hard work throughout year 9. Three days of activities are planned for the trip in July including museums, River Thames cruise, London Eye, dinner at The Hard Rock Café and a day at Thorpe Park. All details are presented in the letter sent home by the Maths Department.  **Teachers: Mr Mitchell, Miss Sarson, Mr Francombe & Mrs Russell** |
| Footgolf at Central Park | All Year Groups and all abilities  30 Places Available | 9.10am – 3.30pm  Central Park Golf  **Off-site** | Students will have the opportunity to play a new sport called footgolf. It is a combination of football and golf. Students will have the opportunity to play footgolf and pitch and putt golf. Students must wear sporting attire suitable for the weather conditions. Bring a change of clothes just in case! Students must wear trainers. Please bring a packed lunch and drinks. Students must meet outside Community Sports reception for 9.10am. **Cost: £17 Teachers: Mr Leonard & Mr O’Hara** |
| Thorpe Park | Year 9  Rewards trip  40 Places | 6am – 10.30pm  Chertsey  **Off-site** | Tutors have selected students to spend a day at Thorpe Park. Students are to meet in the Coach Park dressed and prepared for the weather. Sensible footwear is required and a packed breakfast, lunch and tea. Plenty of fluids are required for the day. Students may purchase food and items at the park; therefore a small bag is required to carry around the park. Please meet at the Coach Park for this trip. Students must be collected from the Coach Park. Students must bring sun cream and a waterproof jacket. **Cost: £45 Teachers: Mr Clift, Mr Raby, Miss Fawbert Mills & Miss Turpin & BTEC Students (Ross & Niamh)** |
| Surfing with Surfs Up, Polzeath | Year 7 & 8  28 Places Available | 7.30am – 6.30pm  Polzeath  **Off-site** | A surfing trip is organised for students of all abilities. However, students must be confident swimmers and able to swim at least 200m. Students will spend the day at the beach, they will receive two surfing lessons; one in the morning and one in the afternoon (10am and 1pm). Students will also have the opportunity to take part in fun beach activities. Students must bring suitable clothing, sun cream, towels, change of clothes, spare clothing and swimming attire. Students will be given a wetsuit and a surf board to use. Students must meet outside Community Sports at 7.30am. **Cost: £32 Teachers: Mr Cater, Mr C Brown & Mr Arthur** |
| Dart Rock  Rock Climbing, Abseiling and Caving | Year 7 – Year 10  30 Places Available | 9.00am – 5.45pm  Dart Rock Climbing Centre Buckfastleigh  **Off-site** | Students have the opportunity to take part in a day of Rock Climbing, Abseiling and Caving. Students are required to wear leisure type clothing to include trainers. Students are to bring a packed lunch and drinks. Students are to meet outside Community Sports at 9.00am. Students will return to College for 5.45pm. The students will be divided in to groups of 15 and will spend 3 hours caving at Pridhamsleigh Cavern between Buckfastleigh and Ashburton and 3 hours rock climbing and abseiling at Chudleigh rocks. Foot size is required for wellington boots!  **Cost: £38 Teachers: Mr Hastings, Mr Kerswell, DR Lintott, Mrs Garlick & BTEC Students (Daisy & Jack)** |
|  | Splashdown, Water Park Quaywest | Year 10 Students  40 Places Available | 9.00am – 3.30pm  Paignton  **Off-site** | Students have the exciting opportunity to try out the Quaywest Water Park in Paignton. Students are allowed to wear any clothing to this event, but please remember your swim wear and towel! Please bring change for the lockers and a change of clothes for after! Please bring sun cream just in case it is sunny!  In addition students will require their own packed lunch and fluids. Students are to meet at the Coach Park for 9.00am **Cost: £21 Teachers: Mrs Wilson, Mrs Pearce, Mr Knightley & Btec Students.** |
| Volleyball at Exmouth Beach | All Year Groups  16 Places Available | 9.00am – 4.30pm  Exmouth Beach  **Off-site** | Students have the opportunity to participate in a beach volleyball clinic and competition on Exmouth Beach. Students are required to wear sports attire. Students need to dress for all weather conditions. Please bring a pack lunch and plenty of drinks. Bags and personal items can be left on the mini bus. Bring a towel and items of clothing and footwear for the beach. Students are to meet outside Community Sports. **Cost: £8 Teacher: Mr Hitt** |
| Kayaking and Stand Up Paddleboarding | Year 9 & 10  24 Places Available | 8.00am – 5.30pm  Mount BattenActivities Centre  **Off-site** | Try Kayaking and Stand Up Paddleboarding for a day at Mount Batten activities centre. Students must wear sports attire and bring a change of clothes and shoes for after the activity. Students must bring swimwear and a towel. In addition please be prepared for the weather, bring a waterproof jacket and/or sun cream and hat. Students must also bring a packed lunch and plenty of fluids. Students will return to the main staff car park outside Community Sports at 5.00pm - 5.30pm. Students will be led by qualified instructors, and the appropriate safety equipment will be worn. **Cost: £38 Teachers: Mr Bechley & Mr J Mitchell & BTEC Students (Jasmine & Olivia)** |
| Theatre Trip to watch Sister Act | All Years  20 Places Available | 7pm – 10.30pm  Theatre Royal, Plymouth  **Off-site** | Students have the opportunity to watch Sister Act at the Theatre Royal at 7.30pm. Please can all student meet at the Theatre Royal main entrance (inside) at 7pm. Students must wear smart attire for the theatre. Students must be collected from the theatre at 10.30pm. Students will call home during the interval. **Cost: £10 Teachers: Miss Todman & Miss Douglas** |
| Wembury Beach | Year 7 & 8  15 Places Available  Selected Students Only | 9.10am – 3.30pm  Wembury  **Off-site** | Selected students from across Year 7 & 8 have been selected to visit Wembury Beach to investigate rock pools and develop their descriptive writing skills using 5 senses. Students will receive a separate letter for this trip. **Teacher: Mrs Morris** |
| Gymnastics Training Day | All Team & Girls Team members | 9am - 6pm  Honiton  **Off-Site** | Students from Team Gym and Academy are invited to train in preparation for future events and to develop new skills. Gymnasts will recieve 4.5 hours of training led by James Reddy. In addition to the training, Gymnasts will end the day and relax in the local swimming pool. Please wear gymnastics attire into College (tracksuits and any training attire). Students will require a bag, packed lunch, plenty to drink and additional money for ice cream! Please also remember swimming costume and towels. Please meet in the Coach Park for 9am. **Cost: £15 Teachers: Mr James Reddy, Mrs Reddy & Ashley Saunders** |

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| **Friday, 7 July 2017 - National School Sports Week** | **ACTIVITIES** | **YEAR GROUP INVOLVED** | **TIMES AND**  **VENUE** | **INFORMATION** |
| Yr 7 Sports Event | All Year 7 Students | 11.30am – 1.30pm  Meet on AW1  **On-site** | The PE Department will be hosting two hours of sport for each Year Group. This will involve a range of different sport experiences winning points for allocated teams. The emphasis is on participation and enjoyment with an element of competition. PE kit must be worn into College and can be worn to Block 5. Please meet on the Astro with bags and drinks bottles. Please ensure you are dressed for the weather. **Teachers: PE Department (No Cost) – HTT to lead, WDN, CFT, DAP** |
| PE Lessons | Year 10 – Block 1  Year 10 – Block 2  Year 9 – Block 5 | 9.10am – 10.10am 10.10am – 11.10am  2.30pm – 3.30pm  **On-site** | Students will have PE lessons but the activities will be as follows:  All Girls – Tennis on the Tennis Courts (CFT & WDN to lead)  All Boys – Fitness Session on AW2 (HLL to lead)  **B1**10i3, **B2** 10y3, **B5** 9yz6– Kurling & Archery in the Sports Hall (DAP & GREEN) |
| British Gymnastics Coaching Awards Course | Students must be aged 14+ and above  13 Places Available | 9.10am – 3.30pm  Gymnasium  **On-site** | Student have the opportunity to gain a coaching qualification in gymnastics. Students will work with a British Gymnastics tutor and gain a Level 0 (awards course) qualification. It is a National Govening Body qualification for students to work in gymnastics clubs. Students will be required to wear practical clothing, bring paper and a pen. Students will be active throughout the session but there are times for theory aswell! Students will have reaks at normal times. Students will also be awarded a certificate at the end of the course. Please meet in the Gymnasium. **Cost: £50 Teacher: British Gymnastics Tutor** |
| Musical Theatre Workshop | Year 10 – 13  (current members of MTG) | 9.10am – 3.30pm  Performance Hall  **On-site** | This is a workshop for existing members of iMTG and sMTG to prepare work for the Musical Theatre show on Saturday 15 July. Students will break at normal times. Students must wear practical clothing for the day. Please bring plenty of water. Meet in the Performance Hall for 9.10am. **Teachers: Mr Whitehorn (No Cost)** |
| Performing Arts Career Fair | Year 9,10 & 12  30 Places Available | 11.30am – 1.30pm  Dining Hall  **On-site** | Students are invited to a 2 hour Performing Arts career fair. Students will be provided with talks from the following institutions professional organisations:   * Foundation Degree in Drama at South Devon College * Performing Arts course at University of Plymouth * Cygnet Theatre * Talks from ex students   The fair is ideally for students who would like or are interested in a career in performing arts. Please meet outside the Performance Hall. Students may wear sport type clothing into college and remain in this attire for the day. Students will also have the opportunity to find out more about performing arts related courses at Ivybridge Community College. **Teachers: Mr Ellis & Mrs Ruskin (No Cost)** |
| Yr 10 Maths Trip to London | Yr 10 Selected Students  45 Places Available | London  **Off-site** | Forty five Year 10 students have been nominated by their Maths teachers to attend a reward trip to London. Nominations were based on student’s consistent hard work throughout year 9. Three days of activities are planned for the trip in July including museums, River Thames cruise, London Eye, dinner at The Hard Rock Café and a day at Thorpe Park. All details are presented in the letter sent home by the Maths Department. **Teachers: Mr Mitchell, Miss Sarson, Mr Francombe & Mrs Russell** |
| Day of Golf at Elfordleigh | All Year Groups and all abilities  14 Places Available | 9.10am – 3.30pm  Elfordleigh Golf & Country Club  **Off-site** | Students will have the opportunity to play 18 holes on the golf course. Students are to wear golf attire (including shoes), looking smart for the club. Students must be a club player or with a golf handicap. Students are to meet outside Community Sports at 9.10am. Students may bring their own equipment to the session. **Cost: £18 Teachers: Mr Leonard & Mr Fenwick** |
| Gorge Walking | All Year Groups  12 Places Available | 8.00am – 5.30pm  Mount BattenActivities Centre  **Off-site** | Try Gorge walking for a day with Mount Batten outoor instructors activities centre. Students must wear sports attire and bring a change of clothes and shoes for after the activity. Students must bring swimwear and a towel. In addition please be prepared for the weather, bring a waterproof jacket and/or sun cream and hat. Students must also bring a packed lunch and plenty of fluids. Students will return to the main staff car park outside Community Sports at 5.00pm - 5.30pm. Students will be led by qualified instructors, and the appropriate safety equipment and wet suit will be worn. Students must wear a pair of old trainers for the walk (that will of course get wet!). **Cost: £40 Teachers: Mr Conway O’Brien & Mr Guy** |
| Show Jumping at Ivybridge Equestrian Centre | All Year Groups  6 Places Available | 2.00pm – 4.00pm  Ivybridge Equestrian Centre  **Off-site** | Students have the opportunity to work with Caroline Booker.  She is a National Accredited Showjumping Coach. Students will have a one-hour workshop. The workshop will be tailored to the individual rider/horse.  The session will cover a warm up, flatwork, pole work, and jumping. Students must make their own way to the centre for 1.30pm. Students must organise their own horse for the event. This trip is ideally for the more experienced horse rider/show jumper. Students may depart home from the venue. **Cost: £20 Teachers: Mrs Setter** |
| Adventure Day at Tamar Trails | Year 7, 8, 9  30 Places Available | 9.10am – 5pm  Woodlands, Tavistock  **Off-site** | Students have the opportunity to experience an Adventrue day at Tamar Trails in Tavistock. Students will work in three groups and explore tree surfing, zip wires and mountain biking. Mountain Bikes will be provided for students. Students must be dressed in practical clothing for the day. Students must bring a bag with a change of clothes, towel, sun cream and a water proof jacket. Students must be prepared for all weather conditions. Students must bring a packed lunch and plenty to drink. Items may be left on the bus. Please meet ouside Community Sports at 9.10am. **Cost: £40 Teachers: Mr Kerswell, Mr Bechley, Mr Barry, Miss Douglas & BTEC Students (Lewie)** |
| Fitness Fun at Ivybridge Leisure Centre | Year 10 Girls  18 Places Only | 9.10am – 2.30pm  Ivybridge Leisure Centre  **Off-site** | Year 10 students have the opportunity to spend the morning at Ivybridge leisure centre. Students will participate in three activities including swimming, spinning and hall based activity. Students must wear sports attire into College and they can remain in it all day. Students must pack a bag with a swimming cotume and towel, and a change of clothes. Students must also pack a lunch and a water bottle. Students must meet outside Community Sports at 9.10am. Studens will walk with a member of staff to the leisure centre and back to the College. Students are to meet outside Community Sports at 9.10am. **Cost: £10 Teachers: Mrs Philpot** |
| Surfing with Surfs Up, Polzeath | All Years  28 Places Available | 7.30am – 6.30pm  Polzeath  **Off-site** | A surfing trip is organised for students of all abilities. However, students must be confident swimmers and able to swim at least 200m. Students will spend the day at the beach, they will receive two surfing lessons; one in the morning and one in the afternoon (10am and 1pm). Students will also have the opportunity to take part in fun beach activities. Students must bring suitable clothing, sun cream, towels, change of clothes, spare clothing and swimming attire. Students will be given a wetsuit and a surf board to use. Students must meet outside Community Sports at 7.30am. **Cost: £32 Teachers: Mr Cater, Miss Todman, Miss Dent, & Mr Deacon** |
| Wembury Beach | Year 9 & 10  15 Places Available  Selected Students Only | 9.10am – 3.30pm  Wembury  **Off-site** | Selected students from across Year 9 & 10 have been selected to visit Wembury Beach to investigate rock pools and develop their descriptive writing skills using 5 senses. Students will receive a separate letter for this trip. **Teacher: Mrs Morris** |
| Visit to Neasden Temple | Year 10  45 Places Available | 6.30am – 9.30pm  London  **Off-site** | Students have the opportunity to visit the BAPS Shri Swaminarayan Mandir. It is an ideal way to learn about Hinduism in the Religious Education curriculum and get a firsthand experience of the Hindu faith in practice. Whether it’s learning about the world’s oldest living faith from an interactive presentation and the [‘Understanding Hinduism’ exhibition](http://londonmandir.baps.org/the-mandir/exhibition-understanding-hinduism/), or seeing a traditional [Hindu temple](http://londonmandir.baps.org/the-mandir/art-and-architecture/) and witnessing the midday [arti ceremony](http://londonmandir.baps.org/worship/arti/), students will find [their trip to the Mandir](http://londonmandir.baps.org/visit-us/visitor-opinions/visitor-opinions-schools-2017/) to be educational, inspiring and memorable. Students will receive a letter from the RS Department covering all the finer details of the trips. Please see Mrs Snodin for details. **Teacher: Mrs Snodin** |