

# EXTRA CURRICULAR PARTICIPATION POLICY 2020-2021

## FORM 1 STUDENTS:

Form 1 students are required to participate in extra-curricular activities or sport for a minimum of four afternoons per week, plus all sports matches selected for. Participation will be monitored using the SOCS online platform and non-compliance will be addressed in line with the school discipline policy.

## TERMS 1 & 2:

- Each Form 1 student must participate in mandatory FOCUSports for two afternoons per week and all matches selected for (Boys = Rugby on Mondays and Hockey on Fridays; Girls = Basketball on Mondays and Hockey on Fridays).
- On Tuesdays and Thursdays, form 1 students may choose to participate in a second FOCUSports session or may choose to participate in another sports or ECA option; Badminton, Cooking, Dance, Orchestra, Photography, Pottery, Running, Swimming or Yoga as per the timetable below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>RUGBY*</b> 1st Year Boys	<b>HOCKEY</b> 1st Year Boys	<b>RUGBY</b> 1st Year Boys	<b>HOCKEY*</b> 1st Year Boys
<b>BASKETBALL*</b> 1st Year Girls	<b>HOCKEY</b> 1st Year Girls	<b>BASKETBALL</b> 1st Year Girls	<b>HOCKEY*</b> 1st Year Girls
	<b>SWIMMING</b>	<b>RUNNING CLUB</b>	
	<b>BADMINTON</b> Junior Boys & Girls	<b>SWIMMING</b>	
	<b>YOGA</b>	<b>YOGA</b>	
	<b>POTTERY</b>	<b>POTTERY</b>	
	<b>DANCE</b>	<b>PHOTOGRAPHY CLUB</b>	
	<b>COOKING CLUB</b>	<b>COOKING CLUB</b>	
	<b>ORCHESTRA</b> TUTTI	<b>DEBATING</b>	

Colour Key Guide At A Glance:

- SPORTS & LEISURE**
- CLUBS**
- MUSIC & PERFORMING ARTS**
- PASTORAL**

\* Entries with this symbol denote compulsory sport sessions for 1st year students

## FORM 1 STUDENTS:

### TERM 3:

- Each Form 1 student must participate in mandatory Cricket one day each week and either Athletics or Tennis one day each week, along with all matches selected for.
- On the remaining two days, Form 1 students may choose to participate in a second Cricket session, in Athletics or Tennis or in another sports or ECA option; Badminton, Bands, Cooking, Dance, Orchestra, Photography, Pottery, Running, Swimming or Yoga as per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>TENNIS</b> 1st Year Boys & Girls	<b>CRICKET</b> 1st Year Boys & Girls	<b>TENNIS</b> 1st Year Boys & Girls	<b>CRICKET*</b> 1st Year Boys & Girls
<b>ATHLETICS</b> 1st Year Boys & Girls	<b>BADMINTON</b> Junior Boys & Girls	<b>ATHLETICS</b> 1st Year Boys & Girls	
<b>BANDS</b>	<b>SWIMMING</b>	<b>RUNNING CLUB</b>	
	<b>YOGA</b>	<b>SWIMMING</b>	
	<b>POTTERY</b>	<b>YOGA</b>	
	<b>DANCE</b>	<b>POTTERY</b>	
	<b>COOKING CLUB</b>	<b>PHOTOGRAPHY CLUB</b>	
	<b>ORCHESTRA</b> TUTTI	<b>COOKING CLUB</b>	
		<b>DEBATING</b>	

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## FORM 2 STUDENTS:

Form 2 students are required to participate in extra-curricular activities or sport for a minimum of four afternoons per week, plus all sports matches selected for. Participation will be monitored using the SOCS online platform and non-compliance will be addressed in line with the school discipline policy.

### TERMS 1 & 2:

- Each Form 2 student must participate in one of our mandatory FOCUSports for two afternoons per week and all matches selected for (Rugby OR Hockey for boys. Basketball OR Hockey for girls)
- On the remaining two days, form 2 students may choose to participate in a second FOCUSport or may choose to participate in another sports or ECA option; Artistic Performance, Badminton, Bands, Cooking, Creative Writing, Dance, Debating, Maths Club, Orchestra, Photography, Pottery, Rowing, Running, Swimming or Yoga as per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>HOCKEY</b> 2nd Year Boys	<b>RUGBY</b> 2nd Year Boys	<b>HOCKEY</b> 2nd Year Boys	<b>RUGBY</b> 2nd Year Boys
<b>HOCKEY</b> 2nd Year Girls	<b>BADMINTON</b> Junior Boys & Girls	<b>HOCKEY</b> 2nd Year Girls	<b>BASKETBALL</b> 2nd Year Girls
<b>ROWING</b> Indoor Rowing Room	<b>SWIMMING</b>	<b>SWIMMING</b>	<b>ROWING</b> Municipal Boat Club
<b>SWIMMING</b>	<b>GYM CLASS</b> Girls Only	<b>RUNNING CLUB</b>	<b>GYM CLASS</b> Girls Only
<b>ARTISTIC PERFORMANCE</b>	<b>ORCHESTRA</b> TUTTI	<b>YOGA</b>	<b>RUGBY</b> 2nd & 3rd Year Girls
<b>BANDS CLUB</b>	<b>YOGA</b>	<b>POTTERY</b>	<b>DEBATING</b>
<b>MATHS CLUB</b>	<b>POTTERY</b>	<b>PHOTOGRAPHY CLUB</b>	<b>CREATIVE WRITING</b>
	<b>DANCE</b>	<b>COOKING CLUB</b>	
	<b>COOKING CLUB</b>	<b>DEBATING</b>	

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## FORM 2 STUDENTS:

### TERM 3:

- Each Form 2 student must participate in one of Athletics, Cricket or Tennis twice per week and all matches selected for.
- On the remaining two days, form 2 students may choose to participate in another sports or ECA option; Artistic Performance, Athletics, Bands, Basketball, Cooking, Creative Writing, Cricket, Dance, Debating, Maths Club, Orchestra, Photography, Pottery, Rowing, Rugby, Running, Swimming, Tennis or Yoga as per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>TENNIS</b> 2nd Year Boys & Girls	<b>CRICKET</b> 2nd & 3rd Year Boys & Girls	<b>TENNIS</b> 2nd Year Boys & Girls	<b>CRICKET</b> 2nd & 3rd Year Boys & Girls
<b>ATHLETICS</b> 2nd & 3rd Year Boys & Girls	<b>RUGBY</b> 2nd & 3rd Year Girls	<b>ATHLETICS</b> 2nd & 3rd Year Boys & Girls	<b>RUGBY</b> 2nd & 3rd Year Girls
<b>ROWING</b> Indoor Rowing Room	<b>SWIMMING</b>	<b>SWIMMING</b>	<b>ROWING</b> Municipal Boat Club
<b>BASKETBALL - Outdoor Court</b> 2nd & 3rd Year Girls	<b>BASKETBALL</b> 1st & 2nd Year Boys	<b>RUNNING CLUB</b>	<b>DEBATING</b>
<b>SWIMMING</b>	<b>GYM CLASS</b> Girls Only	<b>YOGA</b>	<b>CREATIVE WRITING</b>
<b>ARTISTIC PERFORMANCE</b>	<b>ORCHESTRA</b> TUTTI	<b>POTTERY</b>	
<b>BANDS CLUB</b>	<b>YOGA</b>	<b>PHOTOGRAPHY CLUB</b>	
<b>MATHS CLUB</b>	<b>POTTERY</b>	<b>COOKING CLUB</b>	
	<b>DANCE</b>	<b>DEBATING</b>	
	<b>COOKING CLUB</b>		

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## FORM 3 & 4 STUDENTS:

Form 3 and 4 students are required to participate in extra-curricular sport/physical activity for a minimum of two afternoons per week, plus all sports matches selected for. They may participate in sport or ECAs on additional days should they choose to. Participation will be monitored using the SOCS online platform and non-compliance will be addressed in line with school discipline policy.

## TERMS 1 & 2 OPTIONS:

As per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
RUGBY Junior Boys	RUGBY Junior Boys	BASKETBALL U16 Girls	RUGBY Junior Boys
BASKETBALL U16 Girls	BASKETBALL U16 Boys	HOCKEY Junior Boys	BASKETBALL U16 Boys
ROWING Indoor Rowing Room	SWIMMING	HOCKEY Junior Girls	ROWING Municipal Boat Club
HOCKEY Senior Boys	HOCKEY Junior Boys	RUGBY Senior Boys	RUGBY Senior Boys
HOCKEY Senior Girls	HOCKEY Junior Girls	RUGBY TY Boys	GYM CLASS Girls Only
RUGBY TY Boys	RUGBY Senior Boys	HOCKEY Senior Boys	SWIMMING
RUGBY Senior Boys	GYM CLASS Girls Only	HOCKEY Senior Girls	RUGBY Junior & Senior Girls
GYM CLASS	BADMINTON Junior Boys & Girls	GYM CLASS	DEBATING
SWIMMING	BADMINTON Senior Boys & Girls	SWIMMING	CREATIVE WRITING
BANDS CLUB	YOGA	RUNNING CLUB	
MATHS CLUB	DANCE	YOGA	
	ORCHESTRA TUTTI	POTTERY	
	POTTERY	PHOTOGRAPHY CLUB	
	COOKING CLUB	COOKING CLUB	
		DEBATING	

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## FORM 3 & 4 STUDENTS:

### TERM 3 OPTIONS:

As per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>ATHLETICS</b>	<b>CRICKET</b>	<b>ATHLETICS</b>	<b>CRICKET</b>
<b>TENNIS</b> 3rd & 4th Year Boys & Girls	<b>RUGBY</b> Junior & Senior Girls	<b>TENNIS</b> 3rd & 4th Year Boys & Girls	<b>RUGBY</b> Junior & Senior Girls
<b>ROWING</b> Indoor Rowing Room	<b>HOCKEY</b> Senior Boys	<b>BASKETBALL</b> - Outdoor Court Senior Boys & Girls	<b>ROWING</b> Municipal Boat Club
<b>BASKETBALL</b> - Outdoor Court 3rd Year Girls	<b>FOOTBALL</b> 3rd Year & TY Boys	<b>FOOTBALL</b> 3rd Year & TY Boys	<b>HOCKEY</b> Junior Boys
<b>HOCKEY</b> Senior Girls	<b>BADMINTON</b> Junior Boys & Girls	<b>GYM CLASS</b>	<b>RUGBY</b> Junior Boys
<b>RUGBY</b> Senior Boys	<b>BADMINTON</b> Senior Boys & Girls	<b>HOCKEY</b> Junior Girls	<b>GYM CLASS</b> Girls Only
<b>GYM CLASS</b>	<b>GYM CLASS</b> Girls Only	<b>SWIMMING</b>	<b>DEBATING</b>
<b>SWIMMING</b>	<b>SWIMMING</b>	<b>RUNNING CLUB</b>	<b>CREATIVE WRITING</b>
<b>BANDS CLUB</b>	<b>YOGA</b>	<b>YOGA</b>	
<b>MATHS CLUB</b>	<b>DANCE</b>	<b>POTTERY</b>	
	<b>ORCHESTRA</b> TUTTI	<b>PHOTOGRAPHY CLUB</b>	
	<b>POTTERY</b>	<b>COOKING CLUB</b>	
	<b>COOKING CLUB</b>	<b>DEBATING</b>	

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## FORM 5 & 6 STUDENTS:

Form 5 and 6 students are required to participate in extra-curricular sport/physical activity for a minimum of two afternoons per week, plus all sports matches selected for. They may participate in sport or ECAs on additional days should they choose to. Participation will be monitored using the SOCS online platform.

## TERMS 1 & 2 OPTIONS:

As per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>RUGBY</b> Senior Boys	<b>BADMINTON</b> Senior Boys & Girls	<b>RUGBY</b> Senior Boys	<b>RUGBY</b> Senior Boys
<b>BASKETBALL</b> U19 Girls	<b>BASKETBALL</b> U19 Boys	<b>BASKETBALL</b> U19 Girls	<b>BASKETBALL</b> U19 Boys
<b>HOCKEY</b> Senior Boys	<b>RUGBY</b> Senior Boys	<b>HOCKEY</b> Senior Boys	<b>ROWING</b> Municipal Boat Club
<b>HOCKEY</b> Senior Girls	<b>GYM CLASS</b> Girls Only	<b>HOCKEY</b> Senior Girls	<b>GYM CLASS</b> Girls Only
<b>ROWING</b> Indoor Rowing Room	<b>SWIMMING</b>	<b>GYM CLASS</b>	<b>RUGBY</b> Junior & Senior Girls
<b>GYM CLASS</b>	<b>YOGA</b>	<b>SWIMMING</b>	<b>SWIMMING</b>
<b>SWIMMING</b>	<b>DANCE</b>	<b>RUNNING CLUB</b>	<b>DEBATING</b>
<b>BANDS CLUB</b>	<b>ORCHESTRA</b> TUTTI	<b>YOGA</b>	<b>CREATIVE WRITING</b>
<b>MATHS CLUB</b>	<b>POTTERY</b>	<b>POTTERY</b>	
	<b>COOKING CLUB</b>	<b>PHOTOGRAPHY CLUB</b>	
		<b>COOKING CLUB</b>	
		<b>DEBATING</b>	

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## FORM 5 & 6 STUDENTS:

### TERM 3 OPTIONS:

As per the table below:

MONDAY	TUESDAY	THURSDAY	FRIDAY
<b>ATHLETICS</b>	<b>CRICKET</b>	<b>ATHLETICS</b>	<b>CRICKET</b>
<b>TENNIS</b> Senior Boys & Girls	<b>RUGBY</b> Junior & Senior Girls	<b>TENNIS</b> Senior Boys & Girls	<b>RUGBY</b> Junior & Senior Girls
<b>FOOTBALL</b> Senior Boys	<b>HOCKEY</b> Senior Boys	<b>BASKETBALL - Outdoor Court</b> Senior Boys & Girls	<b>FOOTBALL</b> Senior Boys
<b>FOOTBALL</b> Senior Girls	<b>BADMINTON</b> Senior Boys & Girls	<b>GYM CLASS</b>	<b>FOOTBALL</b> Senior Girls
<b>ROWING</b> Indoor Rowing Room	<b>GYM CLASS</b> Girls Only	<b>SWIMMING</b>	<b>ROWING</b> Municipal Boat Club
<b>HOCKEY</b> Senior Girls	<b>SWIMMING</b>	<b>RUNNING CLUB</b>	<b>GYM CLASS</b> Girls Only
<b>RUGBY</b> Senior Boys	<b>YOGA</b>	<b>YOGA</b>	<b>SWIMMING</b>
<b>GYM CLASS</b>	<b>DANCE</b>	<b>POTTERY</b>	<b>DEBATING</b>
<b>SWIMMING</b>	<b>ORCHESTRA</b> TUTTI	<b>PHOTOGRAPHY CLUB</b>	<b>CREATIVE WRITING</b>
<b>BANDS CLUB</b>	<b>POTTERY</b>	<b>COOKING CLUB</b>	
<b>MATHS CLUB</b>	<b>COOKING CLUB</b>	<b>DEBATING</b>	

Colour Key Guide At A Glance:

<span style="display:inline-block; width:15px; height:10px; background-color:#4F81BD; border:1px dashed #FFD700;"></span> <b>SPORTS &amp; LEISURE</b>
<span style="display:inline-block; width:15px; height:10px; background-color:#FFC000; border:1px dashed #FFD700;"></span> <b>CLUBS</b>
<span style="display:inline-block; width:15px; height:10px; background-color:#4CAF50; border:1px dashed #FFD700;"></span> <b>MUSIC &amp; PERFORMING ARTS</b>
<span style="display:inline-block; width:15px; height:10px; background-color:#F080F0; border:1px dashed #FFD700;"></span> <b>PASTORAL</b>