



THE PRIORY ACADEMY

LSST

Extra-Curricular Activities  
2022-2023

MODULE 5

This Priory Academy LSST extra-curricular activities booklet details opportunities on offer to students outside lesson time. The full range of activities on offer will be updated and available on the website each module.

These range from sporting activities such as football, rugby and netball to learning new skills within nationally recognised schemes such as CCF and Duke of Edinburgh.

Our House System offers students a variety of activities for all year groups. Every module there are fun challenges and competitions for each House. These challenges include sport competitions, art challenges and pop culture activities as well as many more. There really is something for everyone! Students are encouraged to take part in these events to further immerse themselves in the life of the school.

Major events are run at key points of the year in conjunction with The Priory Association including shows such as the school show.



Our aim is to involve all students in positive, engaging, competitive activities which are intended to develop their physical, social, and intellectual skills so they become well-rounded individuals who will make positive contributions to society.

Please note if you need to leave via the 6<sup>th</sup> form side of the Academy after 4pm you can exit via 6<sup>th</sup> form reception. You may wheel your bike through school to get out this way.

# Monday

Activity	Where?	Who?	Which staff?
Extension Studies 3:05 - 4:00	DT7	Year 7 - 8	CLAs
Extension Studies 3:05 - 4:00	DT1	Year 9 - 11	CLAs
Amnesty International Youth Group 3:10 – 4:00	H2	Year 10-13	Grace Ruto - Please email p216346@prioryacademies.co.uk if you are interested in attending
Chess Club 3:05- 4:00	Library	All Years	Mrs Allan
Priory Press 3:15 - 4:00	SO1	All Years	Mr Rees & Mrs Canham
Junior Choir 12:25 - 12:55	MU1	Year 7 - 9	Miss Smith/ Mrs Bolton
Kickboxing Club 3:15- 4:00	Indoor Track	Year 7 - 8	All contact must be from a parent/carer email account to book and access the payment method, email: scottbrewerkickboxingacademy@gmail.com All students must be pre booked and pre paid to attend
Badminton Club 3:15- 5:15	Sports Hall	Year 7 - 8	All contact must be from a parent/carer email account to book and access the payment method, email: paul.gibbard.60@gmail.com all students must be pre booked and pre paid to attend
Priory Leisure 3:10- 5:00	Fitness Suite/ Track/ Training Room	Priory Leisure Members	The Priory Leisure Team



# Tuesday

Activity	Where?	Who?	Which staff?
<b>Wind Band*</b> <b>12:25- 12:55</b>	MU1	All Years	Mrs Maynard
<b>Extension Studies</b> <b>3:05 - 4:00</b>	DT7	Year 7 - 8	CLAs
<b>Extension Studies</b> <b>3:05 - 4:00</b>	DT1	Year 9 - 11	CLAs
<b>Engineering Support Session</b> <b>3:10 - 4:10</b>	DT6	Year 10	Mr Whitehead
<b>KS4/5 Art Club</b> <b>3:15 - 4:15</b>	Q6	Year 9 - 13	Mrs Donnelly/ Miss Bell
<b>Dungeons &amp; Dragons Club</b> <b>3:05 – 4:00</b>	Library	All Years but Appointment Only	Mrs Allan <i>Please speak to Mrs Allan before attending</i>
<b>Drama Club</b> <b>Lunchtime</b>	Q9 – Drama Studio	Year 7	Mr Craven
<b>STEM Club**</b> <b>3:15 – 4:15</b>	Sc1	Year 7	Mr Billings & Miss Curtis Please complete an application slip to apply for this club. Collect from your science teacher in lesson or ask for Mr Billings in the Science office.
<b>Volley Ball</b> <b>3:15- 4:15</b>	PE	All Years	PE Department
<b>Combined Cadet Force</b> <b>3:20- 5:40</b>	Training Suite (by the back tennis courts)	Year 8 – 13	Mrs C L Thompson
<b>Priory Leisure</b> <b>3:10- 5:00</b>	Fitness Suite/ Track/ Training Room	Priory Leisure Members	The Priory Leisure Team

\*You must be able to play a woodwind or brass instrument. Beginners welcome. Please bring your own instrument.

\*\*STEM club must be applied for before attending

# Wednesday

<i>Activity</i>	<i>Where?</i>	<i>Who?</i>	<i>Which staff?</i>
<b>Extension Studies</b> 3:05 - 4:00	DT7	Year 7 - 8	CLAs
<b>Extension Studies</b> 3:05 - 4:00	DT1	Year 9 - 11	CLAs
<b>KS3 Art Club</b> 3:15 - 4:15	Q6	Year 7 - 8	Miss Johnson/Mrs Roylance-Smith
<b>Engineering Support Session</b> 3:10 - 4:10	DT6	Year 11	Mr Whitehead
<b>Dungeons &amp; Dragons Club</b> 3:05 – 4:00	Library	All Years but Appointment Only	Mrs Allan <i>Please speak to Mrs Allan before attending</i>
<b>Song Writing Club*</b> 3:15 - 4:15	MU2	All Years	Mrs Pomeroy
<b>Coding Club</b> 3:10 – 4:00	CC4	All Years	Mr Donaldson
<b>Academy Squad Athletics**</b> 3:15 - 4:15	PE	PE INVITE ONLY	PE Department
<b>GCSE PE Revision</b> 3:15 - 4:15	PE	Year 11	PE Department
<b>Scuba Club</b> 3.15 - 5.30 (Booking in advance required please email)	Swimming Pool – All years Working together with the area's premier PADI Dive Centre, Stellar Divers at LSST offer exciting scuba experiences, try dives & full PADI scuba courses at a special student discount only available at the Academy. Pre-booking and pre-payment essential. Email: <a href="mailto:simon@stellardivers.co.uk">simon@stellardivers.co.uk</a> . Fees apply.		
<b>Senshi Martial Arts Club</b> 3:15 - 4:15	Dance Studio	Year 7 - 8	All contact must be from a parent/carer email account to book and access the payment method, email: <a href="mailto:carruthers3@virginmedia.com">carruthers3@virginmedia.com</a> All students must be pre booked and pre paid to attend
<b>Trampoline Club</b> 3:15 - 4:00	Indoor Track	Year 7 - 8	All contact must be from a parent/carer email account to join the class you will need to visit <a href="https://membermojo.co.uk/litc">https://membermojo.co.uk/litc</a> Click on join us and register as LSST after school club only. Once registered go to store purchase and scroll down to LSST after school club and select. All students must be pre booked and pre paid to attend
<b>Priory Leisure</b> 3:10 - 5:00	Fitness Suite/ Track/ Training Room	Priory Leisure Members	The Priory Leisure Team

\*You DO NOT need to play an instrument.

\*\*INVITE ONLY

# Thursday

Activity	Where?	Who?	Which staff?
<b>String Ensemble*</b> <b>8:25 – 8:55</b>	MU1	All Years	Mrs Ward-Caddle
<b>Senior Choir</b> <b>12:20 - 12:55</b>	MU2	Year 10 - 13	Mr Billinger/ Miss Smith
<b>Extension Studies</b> <b>3:05 - 4:00</b>	DT7	Year 7 - 8	CLAs
<b>Extension Studies</b> <b>3:05 - 4:00</b>	DT1	Year 9 - 11	CLAs
<b>Dungeons &amp; Dragons Club</b> <b>3:05 – 4:00</b>	Library	All Years but Appointment Only	Mrs Allan <i>Please speak to Mrs Allan before attending</i>
<b>KS4/5 Art Club</b> <b>3:15 - 4:15</b>	Q6	Year 9 - 13	Mrs Donnelly/ Miss Bell
<b>Introduction to Teaching Scheme</b> <b>3:30 – 4:15</b> <i>Until Easter and Subject to Change</i>	EN3	Invite Only	Miss Danby
<b>Swimming</b> <b>3:15 - 4:00</b>	Swimming Pool	Year 7 and Year 8	Miss Masterman Please prebook through Pay360 – it is free
<b>Dance Club</b> <b>3:10 – 4:30</b>	Dance Studio	All Years Welcome	Miss Scarratt (Lead by Lilly Meggett – Year 12)
<b>A Level Revision</b> <b>3:15 - 4:15</b>	PE	A Level Students	PE Department
<b>Athletics</b> <b>3:15-4:15</b>	PE	All Years	PE Department
<b>Badminton Club</b> <b>3:15 - 5:15</b>	Sports Hall	Year 9 - 11	All contact must be from a parent/carer email account to book and access the payment method, email: paul.gibbard.60@gmail.com all students must be pre booked and pre paid to attend
<b>Priory Leisure</b> <b>3:10 - 5:00</b>	Fitness Suite/ Track/ Training Room	Priory Leisure Members	The Priory Leisure Team

\*You must be able to play an orchestral string instrument. (Violin, viola, cello or double bass.)  
Beginners welcome. Please bring your own instrument.



# Friday

Activity	Where?	Who?	Which staff?
Board and Card Games Club 3:05 - 4:00	Library	All Years	Mrs Allan
Extension Studies 3:05 - 4:00	DT7	Year 7 - 8	CLAs
Extension Studies 3:05 - 4:00	DT1	Year 9 - 11	CLAs
Academy Squad Basketball* 3:15-4:15	PE	INVITE ONLY	PE Department
Priory Leisure 3:10 - 5:00	Fitness Suite/ Track/ Training Room	Priory Leisure Members	The Priory Leisure Team

\*Invite only



**PRIORY LEISURE AT  
LSST  
GYM MEMBERSHIP  
2022/23**

OPEN MONDAY 12<sup>th</sup> SEPTEMBER 2022

5:15-17:00 MON-FRI - TERM TIME ONLY

LAST SESSION FRIDAY 14<sup>th</sup> JULY 2023 - CLOSED 17<sup>th</sup>-19<sup>th</sup> JULY 2023

ANNUAL MEMBERSHIP £90/PRE-BOOK PAY AS YOU GO (PAYG) £4.00 PER WEEK

EVERYONE MUST SIGN IN AND OUT UPON ARRIVAL AND DEPARTURE

**TERMS AND CONDITIONS**

***What is Priory Leisure Membership?***

Either an Annual or PAYG membership allows you access to qualified staffed sessions after the Academy day to use the Outdoor Track, Fitness suite and Training room. All year group students can use the facilities\*.

***I am a YR9, YR10 or YR11 Dual Linguist. How do I use my free membership?***

You automatically have a free Priory Leisure Annual Membership. You just need to turn up. You will need to bring a completed health declaration for your first visit (sharepoint>extra curricular>Priory Leisure)

***What is the benefit of a Priory Leisure Annual Membership?***

The Annual Membership allows access to Priory Leisure every available week throughout the current academic year without any further booking once purchased. Available through Pay360.

Monday 12<sup>th</sup> September 2022-Friday 14<sup>th</sup> July 2023, term time only. Annual Membership is a **one off fee of £90** (36 weeks of membership from £2.50 per week.) There are limited Annual memberships which are only available to buy until W/C 12.12.22 or when the limit has been reached.

There is no refund for part used memberships and they cannot be transferred to another student.

***How do I book as Pay As You Go?***

PAYG is booked using a Pay360 account. All weeks each module are open to book in advance. PAYG costs **£4.00 per week**. You will book for the current whole week irrespective of how many days you actually attend. No rollover into following week. If your booking does not complete this means the limit of places available has been reached. There is no refund for part used memberships, part weeks due to bank holidays or school term times and they cannot be transferred to another student.

***Do I need to fill out any forms? Where do I get them from?***

All members must complete/or update a health declaration and induction form. The Health Declarations are available from your student email or sharepoint>extra curricular>Priory Leisure.

All under 18years old must have their form signed by a parent or carer.

***What can I wear?***

You do not have to wear Priory PE kit. You can wear your own leisure clothes. Please avoid crop tops, string vests or any offensive slogans on garments. Training shoes must be worn. Changing is permitted in the fitness suite changing rooms.

***What safety procedures are in place?***

**New members must present themselves to the PL Team for a gym induction on their first session.**

\*There are restrictions on some of the equipment for YR7-YR8 These will be covered in the safety induction.

These safety inductions may need to be revisited for YR9+ students on the first session back.

Students will be encouraged to 'clean as you go' using the materials supplied to help prevent transmission. Due to the changing Coronavirus situation, Priory Leisure availability may be affected by specific 'reducing transmission' operations put in place and these will need to be adhered to whilst using the facility. Current measures will be covered in induction on the student's first visit and updates sent through student email.

Everyone is required to sign in the register book upon arrival and departure.

***Can someone help me get started?***

Our trained staff will be on hand to help guide you safely around the gym. There are lots of prepared suggestions, challenges or plans available to complete. 1-2-1 Personal Training is not available.

**Contact details: Mrs E French [efrench@prioryacademies.co.uk](mailto:efrench@prioryacademies.co.uk) — Priory Leisure Manager**