

# Spring Extra curricular Opportunities!

The PE Department will be continuing into the Spring term with an abundant array of lunchtime and afterschool clubs to cater for every type of ability and student interest!

We believe what we have on offer provides health, mental and social benefits for all our students and now is a good a time as any to get started with a new club or sport at The Tiffin Girls' School!

**All our clubs are open to all students** with some clubs also offering fixtures in those sports. Please take a look at what is on offer, and we are really excited to be welcoming your daughters along to any of our clubs on offer!

## CONTINUING into Spring Term:



### Girls Active Badminton: Wednesday

**Lunchtimes** – No experience required – just come along in PE kit and play some badminton! Staff are on hand to help develop technique, but if you just want a knock around or a run around, then this is a club for you. ALL pupils are welcome!

### Girls Active Table Tennis: Tuesday Lunchtimes –

No experience required – PE kit, and a chance before the exams settle in to get involved in recreational Table Tennis – Give it a go and try a new sport – and perhaps this is for you! We also have new outdoor table tennis tables, which can be used for extra practice!



**Girls Active Basketball Club: NEW: Tuesday lunchtime** – Head Coach and Founder of Spartans Basketball Academy, Wayne joins the PE Department every Tuesday until Feb half term on a Tuesday lunch. The club is open to students in Years 9-11. Come and along and have a go.



### Football Club:

#### Wednesday

#### Lunchtimes

– Football club is back!! No experience required –this is a chance to develop football skills amongst other developing players. We have plenty of fixtures coming up too.

**Volleyball Club: Thursday Lunchtimes** – We offer an open-to-all volleyball club with a view to get teams together for fixtures and borough competitions. With our teams regularly competing at the London Youth Games, we want to try and go a step further and get a medal this year!



### **Harlequins Rugby Foundation Switch Programme: Friday Lunchtime**

The Friday lunchtime session is run by a number of Rugby coaches through the Harlequins Switch Foundation Programme. The sessions are designed to allow students to develop a huge range of skills, not only rugby specific skills but also teamwork, communication, leadership and confidence. The sessions will be based around contact rugby. This is a great opportunity to try something new and make friends.



**Netball Club: Various Lunch and Evenings** – All age groups from Year 7-Year 13 will have the opportunity to play and train for netball teams. This club is open to all, but we also compete in fixtures across the spring term.



### **Hockey Club Mondays and Tuesday Lunch and Evenings:**

All age groups from Year 7-Year 13 will have the opportunity to play and train for Hockey teams. This club is open to all, but we also compete in fixtures across the Spring term.



**Tennis Academy** – This is a paid opportunity only for top 4 Tennis Players in each age group to access Tennis Coaching from our in house tennis coach – Jean Paul Guillonet. If you are interested in your daughter taking up this opportunity, please contact Miss Boiling about eligibility:

[lboiling@tiffingirls.org](mailto:lboiling@tiffingirls.org).

