

How much will the activities cost?

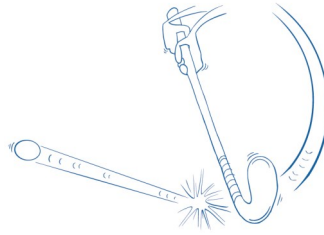
The majority of extracurricular clubs are free of charge but you do need to buy an activity card from the school office. Buy your card with your locker key for £10.

Sessions with a £ have a cost attached due to facility hire or because they are a club/ recreation session with a close link to the school.

Why should I take part?

Taking part in physical activity and sport can help with the following:

- Improve grades by better concentration & attentiveness in class
- Reduces depression & anxiety
- Improves your social life
- Reduces obesity and diseases including cancers
- Promotes wellbeing and self-esteem
- Improves fitness



Parents/Coaches Wanted!

To have a more active and healthy school we need your help.

If you can run a short block of fitness, aerobics/zumba, dance or any sport then we would love to hear from you.

Sports Clubs that want to promote their sport please get in contact.

Cath Devanny - Active Schools Coordinator

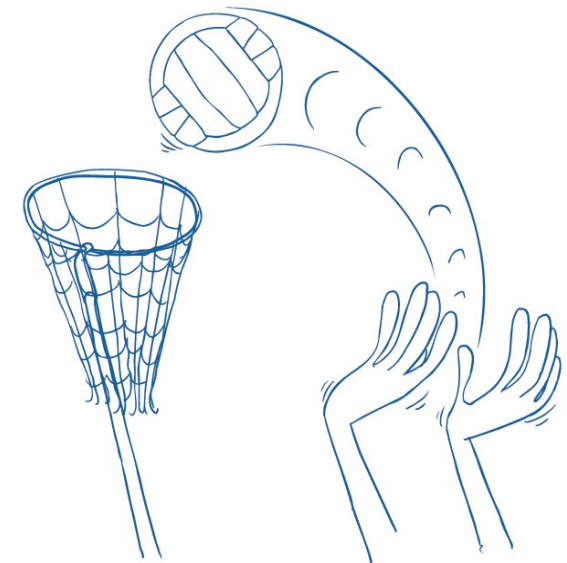
**Based in the
Integrated
team base**

Phone: 01577867220

E-mail: Cdevanny@liveactive.co.uk



Kinross High School and Cluster Primary Sports Clubs 2017-18 Loch Leven Community Campus Term 1 & 2



Edition 1, 17th August 2017

ACTIVE SCHOOLS EXTRACURRICULAR SPORTS CLUBS - TERM 1&2 (2017-18)

Lunch Time, 1.20-1.55pm

Area	Monday	Tuesday	Wednesday	Thursday	Friday (1.30-3pm)
4 Court Hall & 2 Court Hall	Futsal, S4 Mr Leslie & Finlay Small Basketball (S1-S3) Matthew Collie & Fraser Eadie	Badminton, S1-S6 Mr McKay/Miss Imlay Table Tennis S1-S6 Gregor Smith, Cameron Purvis & Karlos Watt	Volleyball, S1-S6 Dave Munro, Jamie Booth & Alan Moffat Futsal, S2 Mr Leslie & Jake Sturgess	Futsal, S1 Mr Leslie & Duncan McKie	Badminton, S1-S6 Mr Fraser & Euan Hutchison Basketball Matthew Collie & Fraser Eadie
Fitness Suite		Rowing League, S1-S6 Murray Notman & Brandon Davidson		Rowing League, S1-S6 Mark Porteous & Amelia Bland	Rowing League, S1-S6 Charlie Quinn & Jenna Jaap

After School, 3.40-4.55pm

4 Court Hall	Basketball, S1-S6 *5-6pm Mr Blyth, Matthew Collie, Fraser Eadie & Angus Sandilands	Primary Netball, P5-7 <i>Kim Kilgour, Ruth Ritchie & Holly Parsons</i>	Netball, S1-S6 Elaine Stapleton, Christine Higgins & Pauline Bourbigot *5-6pm, Volleyball Dave Munro & Jamie Booth	Fencing, S1-S6 *3.40-4.40pm Primary Fencing (P5-7) 4.40-5.40pm <i>Lucy Higman & SJ Hampson</i>	
2 Court Hall		Fitness & Team Games, S1-3 Josie Hawdon & Jodie Morgan	Volleyball, S1-S6 Dave Munro, Jamie Booth & Callum Campbell	Athletics, S1-S3 Hannah Dow & Rebecca Rough	
Dance Studio	£ Judo, school/club link <i>Contact Callum destinationjudo@hotmail.com</i>	Girls Sports (S1-S3) Erin Potter, Eilidh Dewar & Eilidh & Morrison	Dance, S1/2 Kayla Douglas & Louise Clarke	Girls Fun & Fitness, S1 Katie Douglas & Bethan Thomson	
Fitness Suite	Boys & Girls Gym, S1-S6 Mr Dolan & Luke Crichton	Gym *select Grp from S5/6 Barry Dougal	Girls Gym Club, S1-S6 Pat Doran & Kirsty Graham	Boys Gym Club, S1-S6 Mr Tweddle	
Pitches 3G Other venue	Hockey, S1-S6 @KGV Miss Imlay £ Primary Curling, P5-P7 <i>4.00-5.15pm @Green Hotel Sept 17-March 18. £3.50 per session.</i>	Football, S4/5/6 Mr Leslie £ Curling, S1-S6 (4-5.30pm) @ Green Hotel, Sept–March £3.50 per session Primary Hockey, P5-7 <i>Miss Imlay & Fraser Kitson</i>	Football, S2 Finlay Hamilton, Matthew Thomson & Jamie Greenshields	Rugby S1-S6 Mr McKay, Kinross Rugby Club & Will Howley Football, S1 Raith Honeyman, Jack Watson & Robert Stevens Football, S4 /5/6 Mr Leslie	SATURDAYS, 9.30am PARK RUN @ North Inch <i>Speak to Mr Blyth for info</i> <i>Watch this space for the New Kinross Park Run starting Autumn 2017</i>