



**POCKLINGTON
SCHOOL**

Ages 11 to 18

CO-CURRICULAR PROGRAMME

LENT TERM 2025



Group/ Team	Staff Member	Year Group(s)	Day	Slot	Venue
-------------	--------------	---------------	-----	------	-------

Combined Cadet Force (CCF)

Whichever Service section you join (Royal Navy, Royal Marines, Army or Royal Air Force), you will quickly build important skills like teamwork, confidence and self-discipline, as well as having the opportunity to take on leadership roles. **CCF.org**

CCF Training	SJH/ALS/CBS/ PMD/ AFH	4th-U6th	Monday	After School	Annand Centre
--------------	-----------------------	----------	--------	--------------	---------------

The CCF comprises both the Army and RAF sections. Off-site training days are held each half term giving the cadets the chance to refine their key skills within the syllabus. The RAF host various flying days throughout the school year in which cadets visit RAF bases to experience flying MOD gliders first hand.

Drama

Drama engenders joy, enthusiasm and a sense of achievement in students, it really should blossom because there's nothing like it. **The Guardian**

Junior Drama Club	EJC	1st / 2nd	Tuesday	Lunchtime	TST
Senior Drama Production	CEC	3rd-U6th	Tuesday	Lunchtime	TST
Senior Drama Production	CEC	3rd-U6th	Tuesday	After School	TST
Production Tech Club	SR	All	Wednesday	Lunchtime	TST
Senior Drama Production	CEC	3rd-U6th	Wednesday	Lunchtime	TST
Senior Drama Production	CEC	3rd-U6th	Thursday	Lunchtime	TST
Senior Drama Production	CEC	3rd-U6th	Thursday	After School	TST
Senior Drama Production	CEC	3rd-U6th	Friday	Lunchtime	TST
Technical and Creative Theatre Club	SR	All	Friday	Lunchtime	TST

Drama clubs run all year round. The Senior School Production takes place in November of each year. Middle School students have the chance to take part in the 'Shakespeare on a Shoestring' project in the Lent Term and our Lower School production runs for First and Second Year pupils in June.

Duke of Edinburgh Award (D of E)

To provide an introduction to worthwhile leisure activities and voluntary service, as a challenge to the individual to discover the satisfaction of achievement. **HRH The Duke of Edinburgh, Founder of the Award**

D of E Training and Preparation	TBC	4th	TBC	TBC	TBC
D of E Training and Preparation	TBC	5th-U6th	TBC	TBC	TBC

D of E training takes place one evening per week throughout the school year. Practice and qualifying expeditions for each award run between the months of May to July each academic year.

Music

When young people make music together, they work toward a common goal that has the potential to change lives profoundly for the better. **DCMS**

Orchestra	SMA	All	Monday	Lunchtime	Music School
Choir	SMA	All	Tuesday	Breaktime	Music School
Rock Band	DH	1st-3rd	Tuesday	Lunchtime	Music School
Brass Group	TEWT	All	Tuesday	Lunchtime	Music School
Choir	SMA	All	Wednesday	Breaktime	Music School
String Group	HJK	3rd-U6th	Wednesday	Lunchtime	Music School
Woodwind Group	DB	All	Thursday	Before School	Practice Room 2
Chamber Choir	SMA	All	Thursday	Breaktime	Music School
Music Theory Grade 5	HJK	All	Thursday	Lunchtime	Composition Room
Bell Battalion	SMA	All	Thursday	Lunchtime	Music School
Swing Band	SMA	All	Friday	Lunchtime	Music School
Friday Fiddlers	MSW	All	Friday	Lunchtime	ICT1

Concerts run throughout the school year; these include the Autumn, Spring and Summer Concerts as well as the Carol Service in December. Rush Hour music concerts take place regularly on specific dates between 4.00- 4.30pm – please see the School Calendar for more information.

Sport

Sports participation in school is associated with higher levels of wellbeing for young people. It also shows that participation in sport is a significant predictor of self-belief and mental toughness and the continued promotion of school sport throughout a child's time at school, up to and including during exams, should be encouraged. **HMC Report 2023**

Table Tennis	HVT	1st / 2nd	Monday	Lunchtime	Sports Hall
Netball Club	RD	1st-2nd	Monday	Lunchtime	Netball courts
Football- Sixth Form	OIT	6th Form	Monday	Lunchtime	Football Pitch
Strength and Conditioning	GAH / BCB	6th Form Girls	Monday	Lunchtime	Performance Suite
Rugby Skills Club	OIT	5th and 6th Form	Monday	Lunchtime	Rugby Pitch
Hockey U12 /U13	GAH / EK	1st / 2nd	Monday	After School	Astros
Strength and Conditioning	SSF /OIT	6th Form Boys	Monday	After School	Performance Suite
Rugby U13	CAL / AAC	2nd	Monday	After School	Rugby Pitch
Strength and Conditioning	CAL	5th Boys	Tuesday	Lunchtime	Performance Suite
Football Girls'	ALS/ LKH	All	Tuesday	Lunchtime	Meet in the Quad
Basketball	PJA	All	Tuesday	Lunchtime	Sports Hall
Strength and Conditioning	SSF	4th / 5th Boys	Tuesday	Lunchtime	Performance Suite
Technical Hockey Skills	BCB / LW	All	Tuesday	Lunchtime	Astros
Rugby U12	AET / TH	1st	Tuesday	Lunchtime	Rugby Pitch
Swimming- Squad Training	S Redmore	All	Tuesday	After School	Pool
Rugby U16	SSF/ GJS / OIT	5th	Tuesday	After School	Rugby Pitch
Hockey Seniors	BCB/ AGC / DB / LW	5th-U6th	Tuesday	After School	Astros
Rugby Seniors	SSF/ GJS / OIT	6th Form	Tuesday	After School	Rugby Pitch
Strength and Conditioning	HP	5th Girls	Tuesday	After School	Performance Suite
Technical Hockey Skills	BCB / LW	All	Wednesday	Lunchtime	Astros
Climbing	CDB	6th Form	Wednesday	Lunchtime	Meet at Minibuses
Swimming- Squad Training	S Redmore	All	Wednesday	Lunchtime	Pool
Cross Country	RC/ PJA/ MDB	All	Wednesday	Lunchtime	Pavilion
Rugby Girls	OIT	1st-3rd	Wednesday	Lunchtime	Rugby Pitch
Climbing	CDB	6th Form	Wednesday	After School	Meet at Minibuses
Hockey U14 / U15	DB / LKH	3rd / 4th	Wednesday	After School	Astros
Strength and Conditioning	SF / OIT	4th Boys	Wednesday	After School	Performance Suite
Strength and Conditioning	BCB / LW	4th Girls	Wednesday	Lunchtime	Performance Suite
Rugby U12	AET / TH	1st	Wednesday	After School	Rugby Pitch
Rugby U14	HP / MB	3rd	Wednesday	After School	Rugby Pitch
Rugby U15	OIT / TEWT	4th	Wednesday	After School	Rugby Pitch
Rugby U16	SSF/ GJS / OIT	5th	Thursday	After School	Rugby Pitch
Badminton	EW/ CJD	All	Thursday	Lunchtime	Sports Hall
Strength and Conditioning	CAL / HP	3rd Boys	Thursday	Lunchtime	Performance Suite
Strength and Conditioning	SSF	4th / 5th Boys	Thursday	Lunchtime	Performance Suite
Technical Hockey Skills	BCB / LW	All	Thursday	Lunchtime	Astros
Rugby U15	OIT / TEWT	4th	Thursday	Lunchtime	Rugby Pitch
Hockey Seniors	BCB/ AGC / DB	5th-U6th	Thursday	After School	Astros
Rugby Seniors	SSF/ GJS / OIT	6th Form	Thursday	After School	Rugby Pitch
Swimming- Squad Training	S Redmore	All	Thursday	After School	Pool
Strength and Conditioning		3rd / 4th Girls	Thursday	After School	Performance Suite
Strength and Conditioning	GAH / LW	3rd Girls	Thursday	After School	Performance Suite
Strength and Conditioning	GAH / LW	All	Friday	Lunchtime	Performance Suite
Rugby U13	CAL / AAC	2nd	Friday	Lunchtime	Rugby Pitch
Fitness Blast!	HTA	6th Form	Friday	Lunchtime	Maths Rooms
Golf	LKH, PMD	All	Friday	After School	KP Club
Strength and Conditioning	BCB / LW	6th Form Girls	Friday	After School	Performance Suite
Rugby U14	HP /MB	3rd	Friday	After School	Rugby Pitch
Rugby U15	OIT / TEWT	4th	Friday	After School	Rugby Pitch
Football	DWH	5th	TBC	Lunchtime	Football Pitch

Sports fixtures take place in timetabled Games sessions during the week as well as full block fixtures for each termly sport on Saturdays. We endeavour to put out A - D teams in the younger age groups, two per age group in the Middle School and at least two teams per sport at Senior level.

Pre-season training takes place in the days leading up to each new term.

Club	POCK Cat	Staff	Year Group(s)	Day	Slot	Venue
Football - Girls	Physical	RED	All	MON	Lunch	Football Pitch
Strength and Conditioning U13	Physical	SSF/GAH	2nd G & B	MON	Lunch	Performance Suite
Table Tennis	Physical	HVT	1st/2nd	MON	Lunch	Sports Hall
Hockey U12	Physical	LW/PAL	1st	MON	After Sch	Astros
Netball U13	Physical	ENK/ GAH	2nd	MON	After Sch	Sports Hall/Courts
Rugby U13	Physical	CAL	2nd	MON	After Sch	Rugby Pitch
Strength and Conditioning	Physical	SSF/OIT	Senior Boys	MON	After Sch	Performance Suite
Basketball	Physical	PJA	All	TUE	Lunch	Sports Hall
Strength & Conditioning U15/U14 Girls	Physical	LW	3rd/4th Girls	TUE	Lunch	Performance Suite
Netball U12	Physical	RED/DAL	1st	TUE	After Sch	Sports Hall/Courts
Hockey Seniors	Physical	BCB/MJD /DB	5th-U6th	TUE	After Sch	Astros
Netball Seniors	Physical	GAH/ LKH/ OP	5th-U6th	TUE	After Sch	Sports Hall/Courts
Rugby Seniors	Physical	SSF/OIT	6th Form	TUE	After Sch	Rugby Pitch
Rugby U16	Physical	SSF/OIT	5th	TUE	After Sch	Rugby Pitch
Strength and Conditioning U14 Boys	Physical	HP	3rd Boys	TUE	After Sch	Performance Suite
Swimming- Squad Training	Physical	S Redmore	All	TUE	After Sch	Pool
Climbing	Physical	CDB	6th Form	WED	Lunch	Meet at Mini buses
Cross Country	Physical	RC/PJA/MDB	All	WED	Lunch	Pavilion
Strength and Conditioning U15 Boys	Physical	OIT	4th Boys	WED	Lunch	Performance Suite
Swimming- Squad Training	Physical	S Redmore	All	WED	Lunch	Pool
Climbing	Physical	CDB	6th Form	WED	After Sch	Meet at Mini buses
Hockey U13/U14	Physical	TH/CBS	2nd/3rd Boys	WED	After Sch	Astros
Rugby U12	Physical	AET	1st	WED	After Sch	Rugby Pitch
Rugby U14	Physical	HP	3rd	WED	After Sch	Rugby Pitch
Rugby U15	Physical	OIT/TH	4th	WED	After Sch	Rugby Pitch
Strength & Conditioning U14/U15 Girls	Physical	LW	3rd/ 4th Girls	WED	After Sch	Performance Suite
Badminton	Physical	EW/CJD	All	THU	Lunch	Sports Hall
Rugby U14	Physical	HP	3rd	THU	Lunch	Rugby Pitch
Rugby U15	Physical	OIT	4th	THU	Lunch	Rugby Pitch
Strength and Conditioning U16	Physical	CAL	5th- U6 G & B	THU	Lunch	Performance Suite
Cricket - Girls Pre Season Training	Physical	HP	All	THU	After Sch	Sports Hall
Hockey Seniors	Physical	BCB/MJD	5th-U6th	THU	After Sch	Astros
Netball Seniors	Physical	GAH/OP	5th-U6th	THU	After Sch	Sports Hall/Courts
Rugby Seniors	Physical	SSF/OIT	6th Form	THU	After Sch	Rugby Pitch
Rugby U16	Physical	SSF/OIT	5th	THU	After Sch	Rugby Pitch
Strength & Conditioning Senior Boys	Physical	SSF/OIT	5th- U6 Boys	THU	After Sch	Performance Suite
Swimming- Squad Training	Physical	S Redmore	All	THU	After Sch	Pool
Fitness Blast!	Physical	HTA	6th Form	FRI	Lunch	Maths Rooms
Football - 2nd/3rd Year Boys	Physical	DAC	2nd/3rd Boys	FRI	Lunch	Football Pitch
Football-Fifth Year	Physical	DWH	5th Year	FRI	Lunch	Pitch by Astros
Strength and Conditioning-Open Lift	Physical	LW	5th- U6 G & B	FRI	Lunch	Performance Suite
Golf	Physical	LKH/PMD	All	FRI	After Sch	KP Club
Hockey U15	Physical	DB	4th Year	FRI	After Sch	Astros
Netball U14/U15	Physical	LJW/IRB/ NR/ LJL	3rd/ 4th	FRI	After Sch	Sports Hall
Senior Cricket Nets	Physical	DB	5th/L6th/U6th	FRI	After Sch	Smll end Sprts Hall
Strength & Conditioning- Senior Girls	Physical	BCB	5th- U6 Girls	FRI	After Sch	Performance Suite
Eco Committee	Outreach	NR/OM	All	MON	Lunch	Art Dept
CCF	Outreach	SJH/ALS/CBS/ PMD/ AFH	4th-U6th	MON	After Sch	Annand Centre
Charity Committee	Outreach	HTA	6th Form	WED	Break	IT2
Wellbeing Space - Let's Talk!	Outreach	AH	1st-U6	THU	Lunch	Room 22
Lower School Ambassadors	Outreach	AAC/SJH	2nd	FRI	Break	Classics
SPQR	Outreach	AAC	4th/ 5th	Half termly	Lunch	Classics
Art Club	Creative	DAC	All	MON	Lunch	Art Dept
E-Sports	Creative	SS/Dig Leads	All	MON	Lunch	IT2
Junior Production	Creative	EJC	1st/2nd	MON	Lunch	TST
Orchestra	Creative	SMA	All	MON	Lunch	Music School
Photography	Creative	DAC	All	MON	Lunch	Art Dept
Warhammer Club	Creative	AKW	All	MON	Lunch	Design
Sculpting Class	Creative	BM	1st- 3rd	MON	After Sch	Art and Design

Club	POCK Cat	Staff	Year Group(s)	Day	Slot	Venue
Choir	Creative	SMA	All	TUE	Break	Music School
Design Club	Creative	AKW	All	TUE	Lunch	Design
Junior Production	Creative	EJC	1st/2nd	TUE	Lunch	TST
Rock Band	Creative	DH	2nd-4th	TUE	Lunch	Music School
Cookery	Creative	AMS	All	TUE	After Sch	Cookery Room
Choir	Creative	SMA	All	WED	Break	Music School
Creative Writing	Creative	PAL	2nd-4th	WED	Lunch	Room 5
Crochet Club	Creative	SES	All	WED	Lunch	Archive Room
Junior Production	Creative	EJC	1st/2nd	WED	Lunch	TST
String Group	Creative	HJK	3rd-U6th	WED	Lunch	Music School
Junior Production	Creative	EJC	1st/2nd	WED	After Sch	TST
Spirit Island Club	Creative	AAC	All	WED	After Sch	Room 26
Sugarcraft	Creative	Mrs Davies	All	WED	After Sch	Cookery Room
Woodwind Group	Creative	DB	All	THU	Before Sch	Practice Room 2
Chamber Choir	Creative	SMA	All	THU	Break	Music School
Brass Group	Creative	TWT	All	THU	Lunch	Music School
Music Theory Grade 5	Creative	HJK	All	THU	Lunch	Composition Rm
Pokemon Go	Creative	HMP	All	THU	Lunch	Room 23
Rock Band	Creative	DH/DR	1st	THU	After Sch	Music School
Christians Together	Creative	BM	All	FRI	Break	Chapel
De-stress Exercises	Creative	BM	All	FRI	Lunch	Chapel
Fantasy Book Club	Creative	SDW	3rd-U6th	FRI	Lunch	Lab 4
Friday Fiddlers- Fiddlers, Cellists, Flautists & Pianists	Creative	MSW	All	FRI	Lunch	ICT1
Swing Band	Creative	SMA	All	FRI	Lunch	Music School
Shakespeare Schools Festival	Creative	CEC	3rd/4th	Various	Various	TST
Chemistry Olympiad	Knowledge	JRM	L6	MON (Wk A)	Lunch	Lab 1
History & Politics Discussion Group	Knowledge	CBS	1st-3rd	MON	Lunch	Room 21
ICE CityZen Award	Knowledge	CJP/RHB	6th Form	MON	Lunch	Lab 3
Science Club	Knowledge	CXB	1st/2nd	MON	Lunch	Lab 7
STEM Club for Girls	Knowledge	ER	1st-5th	MON	Lunch	Room 16
Tycoon (old YE)	Knowledge	GJS	L6th	MON (Wk A)	Lunch	BM1
Greek	Knowledge	DAL	3rd	MON	After Sch	Room 26
Oxbridge Club - Sixth Form	Knowledge	SAM	6th Form	TUE	Lunch	Room 5
Programming Club	Knowledge	CLC	1st-3rd	TUE	Lunch	IT1
Puzzle/ Games Club/ Chess	Knowledge	GE/MFL	All	TUE	Lunch	EAL TBC
Quiz Club	Knowledge	CJP	1st/2nd	TUE	Lunch	Lab 3
Chess and Puzzle Club	Knowledge	MFL/GE	All	WED	Lunch	Room 24
Debating Society	Knowledge	IHA	3rd-5th	WED	Lunch	Room 7
Duolingo Club	Knowledge	IRB	1st-3rd	WED	Lunch	Room 12
Oxbridge Club - Middle School	Knowledge	SAM	3rd-5th	WED	Lunch	Room 5
HPQ	Knowledge	CJP/LJW	4th	WED	After Sch	Room 9
Book Club Lower School	Knowledge	NW	1st/2nd	THU	Lunch	Library
People Power - Politics Discussion	Knowledge	CBS	1st-5th	THU	Lunch	Room 21
Greek	Knowledge	AAC	4th/5th	THU	After Sch	Room 26
Classics Club - Lower School	Knowledge	DAL	1st/2nd	FRI	Break	Room 26
Medical Society	Knowledge	KJC	6th Form	FRI	Lunch	Gruggen Room
Student Investor	Knowledge	RC	6th Form	TBC	Lunch	BM1
Biology Olympiad and Biology Challenge Club	Knowledge	LJL	3rd-U6th	TBC	Lunch	Lab 9
Maths Challenge Club	Knowledge	CDB	All	Half termly	Lunch	Room 4
D of E Training and Preparation	P/O/C/K	KA/MB	4th- L6	TUE	Lunch	Gruggen Room