

Dance

There are three dance companies that have been formed within school. They are [Flexus](#), [Fidget](#) and [Tribu](#) Boys Dance Company. All three tour the country entering competitions.

Practice sessions for dance are as follows:

Monday	Upper School Gifted and Talented Dance	1.00 pm	1.30 pm
	GCSE Fastrack	4.00 pm	6.30 pm
Tuesday	Wake-Up	8.00 am	8.30 am
	Advanced Ballet	1.00 pm	1.30 pm
	Street Dance	1.00 pm	1.30 pm
	Footloose	3.30 pm	4.30 pm
	Tribu	4.30 pm	6.30 pm
Wednesday	Beginners Ballet	1.00 pm	1.30 pm
	Exam Rehearsals	1.00 pm	1.30 pm
	A Level Dance	4.00 pm	8.00 pm
Thursday	Wake Up	8.00 am	8.30 am
	Lads Training	1.00 pm	1.30 pm
	Musical Theatre	1.00 pm	1.30 pm
	Fidget	3.30 pm	6.00 pm
Friday	Lower School Gifted and Talented Dance	1.00 pm	1.30 pm
	Exam Rehearsals	1.00 pm	1.30 pm
	Flexus	3.30 pm	4.30 pm

Sunday	Flexus	9.30 am	12.00 noon
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Drama

Tuesday	Years 7 and 8	3.30 pm	4.30 pm
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Thursday	Years 9 to 11	3.30 pm	4.30 pm
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Music

Monday	Vocal Group	12.45 pm	1.15 pm
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Thursday	Orchestra Group	12.45 pm	1.15 pm
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Friday	Hand Chimes	12.45 pm	1.15 pm
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School Musical Rehearsals

Tuesday		3.30 pm	4.30 pm
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Wednesday		3.30 pm	4.30 pm
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Physical Education

Swimming

Wednesday	Weak Swimmers	1.00 pm	1.30 pm
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Thursday	Strong Swimmers	3.30 pm	4.30 pm
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Cross Country

Wednesday	All Years	3.30 pm	4.30 pm
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Football

All years have a school team.

Tuesday	Girls Training	3.30 pm	4.30 pm
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Basketball

Wednesday		3.30 pm	4.30 pm
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Netball

Monday	Years 7-10	3.30 pm	4.30 pm
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Table Tennis

Friday	Years 10 and 11	1.00 pm	1.30 pm
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ICT

Monday	Girls	12.30 pm	1.15 pm
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Technology

Wednesday	Year 7	12.35 pm	1.15 pm
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Cross Curricular

Alternate Tuesdays	Years 7 and 8	3.30 pm	4.30 pm
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This session incorporates STEM NET covering Maths, Science and Technology.

Year 7 Homework Club

Tuesday	Years 7	3.25 pm	4.15 pm
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Thursday	Years 7	3.25 pm	4.15 pm
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