



ATHLETICS

Coordinator: Mr. D. Miles

KNOW: Junior Athletics Clubs 6-8
Quorn Wednesday 16.00 – 17.30

LIKE: Intermediate Athletics 9-10
Quorn Wednesday 16.00-17.30

GOOD: Senior Athletics 11-13
Autumn and Spring Term
Quorn Wednesday 16.00-17.30

G2G: Leicester Coritanians
Charnwood Athletics Club, Notts A.C
Acceptance onto school Elite Squad
Early morning training and conditioning support



BASKETBALL

Coordinator: Mr P. Gacs

KNOW: Junior Basketball (6-8)
Autumn and Spring Term
Sports Hall Friday 16.00-17.30
Mr J. Parton

LIKE: Intermediate Basketball (9-10)
Autumn and Spring Term
Sports Hall Wednesday 16.00-17.30
Mrs A. Hendersen

GOOD: Senior Basketball
Autumn and Spring Term
Sports Hall Monday 16.00-17.30
Mr P. Gacs

G2G: Leicester Riders courses and camps
Acceptance onto school Elite Squad
Early morning training and conditioning support



COMBINED CADET FORCE

Coordinator: Mr D. Murphy

- KNOW:** RN initial training/Army B Company/RAF Basic Section/Corps of Drums
Participation in Autumn and Summer Field Days
Remembrance Parades
Annual Review
Pass service-specific basic training (CCF (RN) Proficiency 2001 /Army half star/RAF Part 1)
- LIKE:** RN Advanced Proficiency/Army A Company/RAF Leading Section/Corps of Drums
RAF Air Experience Flights
RAF Gliding
Army Summer Camp
Cadet Centre for Adventurous Training courses
Exercise Gunslinger
Promotion to Cadet AB/Lance Corporal
- GOOD:** Patrols Platoon
Royal Air Squadron Trophy Team
National Regattas
Shooting Qualifications (Shooting Club and CCF Shooting Team)
National CCF Band Camp
BTEC Level 2 in Teamwork and Personal Development in the Community
Institute of Leadership and Management Level 2 Young Leaders Award
Planning and delivering lessons
Promotion to Cadet LS / Corporal
- G2G:** Coordinating and assessing the planning and delivering of lessons by Junior NCOs
Cadet Skill At Arms Meet shooting competition
Combat Cadet
Air Cadet Leadership Course
Promotion to Senior NCO ranks/Drum Major



CREATIVE WRITING

Coordinator: Mr K. Buckley

KNOW: Junior Creative Writing
Junior VOX (Yr 9)

LIKE: Junior Creative Writing

GOOD: Thursday afternoon Creative Writing & VOX



CRICKET

Coordinator: Mr M. Gidley

KNOW: Junior Cricket (Years 7/8)

Thursday/Friday after school in Summer Term. Pre-season sessions run through Spring term.

Cricket Coaching Camp 3/4 Days December

Umpire and Scoring Courses

LIKE: Intermediate Cricket (Years 9/10)

Monday/Thursday after school in summer term. Pre- season sessions run through Spring term

Umpire and scoring courses. Assist with officiating House and school matches

GOOD: Senior Cricket (Years 11,12,13)

Wednesday after school in Summer Term. Pre-season sessions run through Spring term

National T20 Competition

Supporting the Player pathway into higher standards of club cricket
Senior long haul tour

G2G: Academy/Sub academy/ County age group representation -
Leicestershire and Nottinghamshire

Acceptance onto School Elite squad

Strength and Conditioning Support



CROSS-COUNTRY

Coordinator: Mr. D. Miles

- KNOW:** Junior Cross-Country (Rep Session)
School Fields 16.00 – 17.00 Monday & Wednesday
- LIKE:** Intermediate Cross-Country (Steady Run)
Autumn and Spring Term
School Fields 16.00 - 17.00 Monday & Wednesday
- GOOD:** Senior Cross-Country
Autumn and Spring Term
School Fields 16.00 - 17.00 Monday & Wednesday
- G2G:** Leicester Coritanians
Charnwood Athletics Club, Notts A.C
Acceptance onto school Elite Squad
Early morning training and conditioning support



DESIGN AND TECHNOLOGY

Coordinator: Mr T. Moseley

KNOW: Green Power
Model Railway
Model Car club
STEM Activities

LIKE: Green Power
Model Railway
Model Car club
STEM Activities

GOOD: Leading of clubs in DT
Supporting and inspiring GCSE pupils with their projects
Inspiring Young Minds Workshops at Loughborough University

G2G: Departmental Prefects
Triumph Motorcycle Design Award
Furniture Company Award



DRAMA

Coordinator: Mrs S.Bruton

- KNOW:** Yr 6-7 Drama Club
Yr 8-9 Drama Club
Lower School Production (Yr 7&8)
Theatre Trips
Cast for New Director's Season
Year 7 Panto and Talent Show
Year 8 Drama Festival – performance and technical
- LIKE:** Shakespeare Schools Festival
Middle School Production (Yr 9&10)
Theatre Trips
Direct and choreograph New Director's Season
Tech Team
Workshops with Frantic Assembly, Splendid Productions and Theatre Centre
- GOOD:** Manage and lead all of the above.
Upper School Production (Yr 11-13)
Shakespeare School Festival
Leaver's Musical
Tech Team
Workshops with Frantic Assembly, Splendid Productions and Theatre Centre
- G2G:** Stage combat workshops
Support for auditions to local companies and performances
Edinburgh Fringe Festival – performance and technical
LAMDA



FOOTBALL

Coordinator: Mr. N. Hewitt

- LIKE:** Intermediate Football teams
If selected can progress to senior practice and games
- GOOD:** Senior Football teams
ISFA Football League Championships
Week long European Tour
Monday evening training on Quorn FC 4G pitch
- G2G:** Selection for ISFA Regional/National sides
Football tactic and theory sessions
Nomination for American Soccer Scholarships
Referees course
Strength and conditioning support
Acceptance onto the school Elite Squad



HOCKEY

Coordinator: Mr J Clarke

- KNOW:** Hockey playtime – Friday 13:30-14:15 – School Astro
Practice sessions per year group – Year 7&8 Tuesday 16:00-18:30
Hockey Herons – Year 5&6 training Friday 16:00-17:15
Year 8 London Tour
- LIKE:** Practice sessions per year group – Year 9&10 Wednesday 17:15-18:00
Supporting the Player Pathway into club and county hockey
Offering leadership experience by helping at Hockey Herons
Year 10 UK Tour
- GOOD:** Practice sessions per year group – Years 11,12&13 Monday 17:00-18:30
Offering leadership and coaching experience by helping at Herons
Supporting the Player pathway into higher standards of club hockey
Promoting the EH single system development pathway
Access to umpiring and leadership qualifications
Senior International Tour
- G2G:** Recognising our G&T players and supporting them through the EH single system player pathway.
Provision of Elite Masterclass sessions for invited players of all ages.
Assisting with Junior sessions/matches – Umpiring and coaching.
Acceptance on to school elite squad.
Early morning training and conditioning support.



MUSIC

Coordinator: Mr R. West

- KNOW:** Music lessons
Year 7 participation in Spring Concert at De Montfort Hall
Chorus
Lunchtime Live concerts
Music Tech Club
- LIKE:** Burton Consort
Burton Choristers
Concert Orchestra
Concert Band
Saxophone Choir
Flute Choir
Percs 3
JamFest
Bands and Artists
EMP Events
- GOOD:** Brass Ensemble
Guitar Ensemble
Percs 2
Clarinet Ensemble
Flute Ensemble
Saxophone Ensemble
Jazz Band
Harp Ensemble
- G2G:** Wind Dectet
Percs 1
Chamber Choir
Symphonic Wind Band
Big Band
Symphony Orchestra
String Ensemble
Support for county/regional ensembles (eg. Leicestershire Schools
Symphony Orchestra, CBSO Youth Orchestra)
Support for national ensembles (eg. National Children’s Orchestra, National
Youth Orchestra)
Music for Youth Competition
Loughborough Music Competitions



OUTDOOR EDUCATION

Overview: Dr A. Waters

- KNOW:** Yr 6 Residential Trip
Yr 7 activities on a Friday morning
Yr 7 Mountain biking at Sherwood Pines
Yr 7 Pickering week
Yr 8 Peak District Walk
Yr 9 Wye Valley Expedition
Junior Ski Trip
- LIKE:** Duke of Edinburgh Expeditions
Year 10 Survival Field Craft Day
CCF – Year 11 Adventurous Training Week Post Exams
Climbing option in games
Senior Ski Trip February Half Term
- GOOD:** CCF*
Duke of Edinburgh Expeditions
Sixth Form Climbing Option in Games
School Expedition: Even years Europe / Odd years Long Haul
Senior Ski Trip February Half Term
- G2G:** Jonnie Johnson Travel Bursary
To have been on a week's long residential course
Gold DofE Expedition
Help on an Activity in the Lower School
Gain a Nationally recognised Qualification – eg SML/MTB Leader etc

*In the senior school the CCF is the main provider of Outdoor Pursuits. Many of these require the cadets to 'opt-in' to courses run by the national organisation. This year we have boys attend week long MTB and scuba dive courses for £40. Also on offer are £300 climbing in Spain or £400 ice climbing in Norway all in! These are fantastic opportunities and I can't stress enough how worthwhile they are. Pupils should not be put off by the armed services link – they are just acting as providers rather than recruiters. Most courses are found here: <https://www.armycadetadventure.co.uk/> but there also others advertised through the CCF at School.



RUGBY

Coordinator: Mr E Lewis

KNOW: Junior rugby (7&8)
Tuesday, Wednesday after School
Position and skill specific clinics at lunch
Year 7 Tour to Blackpool

LIKE: Intermediate Rugby (9&10)
Tuesday, Wednesday after school
Position and skill specific clinics at lunch
Year 9 Tour to UK
Referees course

GOOD: Senior Rugby (11,12&13)
Monday and Thursday after school
Position and skill specific clinics at lunch
National 7s Tournament
Senior Long Haul Tour

G2G: Leicester Tigers Development Player Pathway Group
Leicester Tigers Elite Development Group
Acceptance onto school elite squad
Strength and conditioning support
Physiotherapy support



PUBLIC SPEAKING & DEBATING

Coordinator: Mr A. Morris

KNOW: Junior Debating
Poetry Society

LIKE: English Speaking Union Debating Competition
Poetry by Heart
Poetry Society

GOOD: Mock Trial Competition
Poetry by Heart
Senior Debating Society
Poetry Society

G2G: Poetry by Heart Competition
English Speaking Union's Mace Competition
British Parliamentary Debating Competition
Model UN (through Politics dept)



STEM

Coordinator: Mrs. D. Kaur

- KNOW:** Crest Discovery
Crest Bronze
Competitions: Teen Tech / Big Bang / Green challenge
STEM Leader's Award
Drone and Model Car Club
Lego Mindstorms Club
VR Club
- LIKE:** Crest Silver
Teen tech finals / Big Bang
STEMM Awards Bronze
Drone and Model Car Club
Lego Mindstorms Club
VR Club
- GOOD:** Crest Gold
Teen Tech 6th Form category / Big Bang
STEMM Awards Silver and Gold
Drone and Model Car Club
- G2G:** Young Science Journal
Nuffield Placement
International Competitions based on success in Big Bang
STEM Sundays
Mentoring of lower school projects



OTHER SPORTS AND ACTIVITIES

It is likely that you are involved in another sport or activity outside of school for example Explorers. Your development is just as important to us so do talk to the Sports Staff about conditioning support or myself about what you might need to do for Good to Great etc. Hopefully the above will give you an idea as to where the bar is.