



**19 September 2025**

## **PE and Extra-Curricular Sport/Squad in Touch app**

**Dear Parent/Carer,**

Please find attached the timetable for sporting extra-curricular activities available during lunchtimes and after school up to Easter. All students are welcome—whether competing for school or joining in for fun!

### **Key Information:**

- Students should wear their PE kit or school team kit and go to the PE changing rooms.
- Lunchtime clubs: 30 mins, starting at 12.15pm (Years 7, 8, 11) or 1.15pm (Years 9, 10).
- After-school clubs run until approx. 4.15pm.

### **Squad in Touch Registration:**

We use **Squad in Touch** to manage clubs and fixtures and communicate with parents. To receive updates specific to your child (fixtures, dates, venues, opponents), please register for free:

1. Sign up at [www.squadintouch.co.uk](http://www.squadintouch.co.uk) or via the app.
2. Verify your contact details (must match those held by the school).
3. Select "Otley Prince Henry's" as your school.

For help, contact: **support@squadintouch.co.uk** or use the live chat on their website. Once registered, your account will be authorised by the school.

For general fixture updates, visit: <https://princehenrys.squadintouch.com>

### **Additional Information:**

- Committed students to extra-curricular clubs with a positive attitude may apply for a sports badge at the end of the year.
- Competitive inter-school and inter-form fixtures will run throughout the year.
- If your child is interested in joining a local sports club? Speak to the PE department.

### **PE Lesson Participation Policy:**

If your child can't take part in PE:

- Send a dated note or email **info@princehenrys.co.uk** by 8:30am that day.
- For longer absences (over a week) a doctor's note is required.
- Students should still bring PE kit unless medically unable (e.g., cast).

Please encourage your child to get involved in extra-curricular clubs, it's a great way to stay active, build confidence, and make new friends. Thank you for your support.

**Yours faithfully,**

Mr D Curtis  
Faculty Leader for Physical Education & Sport

# PHGS PE Extra-Curricular Timetable 2025-26

DAY	Lunch 12.15-12.45 or 1.15-1.45pm (Years 7/8/11/12 and Years 9/10/13)	After School 3.10 - 4.15/4.30pm
<b>Monday</b>	Sports Hall - <b>Badminton</b> (Years 9/10) Mr Curtis/ Mr Whitaker	Net Courts/Sports Hall - <b>Rec Netball</b> (Years 7-10) Sports Leaders
	Swim Pool - <b>Open Swim</b> (Years 9/10) Mrs Miller	Swim Pool - <b>Swim Squad</b> (All Years) Mrs Miller
	Sports Hall/Courts - <b>Netball Shooting</b> (Y9 and Y10) Mrs Holstead	3G/Grass Pitch - <b>Boys Football</b> (Year 9) Mr Weston
		Gym – <b>Community Basketball Club</b> (All Years) Bradford Dragons Bradford Dragons £3 per session
<b>Tuesday</b>	Sports Hall/Courts - <b>Netball Shooting</b> (Y7 and 8) Mrs Holstead	3G Pitch/Grass - <b>Senior Rugby training</b> (Year 11/Seniors)
	Swim Pool - <b>Open Swim</b> (Years 7/8/ and 11) Mrs Miller	Mr Atkin/Mr Hargreaves (4-5pm)
	Sports Hall - <b>Badminton</b> (Years 7/8 and 11) Mr Curtis/Mrs Kapoor	Net Courts/Sports Hall - <b>Community Netball</b> (Years 2-6) (4.15-6.15pm)
	3G Pitch – <b>Year 7/8 Lunchtime Football</b> Mrs Cooke	Mrs Cooke (to start in November)
<b>Weds</b>	Main Hall - <b>Table Tennis</b> (Years 7/8 and 11) Mr Atkin	3G Pitch /Grass - <b>Boys Rugby</b> (Year 9) Mr Hyam/Mr Hargreaves
	3G Pitch Week B – <b>Year 11/12 Lunchtime Football</b> Mrs Fenton-Green	3G Pitch/Grass - <b>Girls Football</b> (All Years) Miss Jennings/ Miss Jenkins
		Net Courts/Sports Hall - <b>Netball</b> (Years 9A, 9B, 10A, 10B) Mrs Cooke/ Mrs Edney
		Meet @ Tech 2 - Running club (All Years) Mrs Blakeley
<b>Thurs</b>	3G Pitch – <b>Year 9/10 Lunchtime Football</b> Mr Curtis	3G Pitch/Grass - <b>Girls Rugby</b> (All Years) Miss Jennings/ Miss Jenkins
	3G Pitch Week B – <b>Year 11/12 Lunchtime Football</b> Mr Hyam	3G Pitch/Grass - <b>Boys Rugby</b> (Year 10) Mr Curtis/Mr Wood
		3G Pitch/Grass - <b>Boys Rugby</b> (Years 7/8) Mr Atkin/Mr Davy/Mr Hyam/Mr Hargreaves/Mr Rowe/Mr Mani
		Gym – <b>Cheerleading</b> (All Years) Sports Leaders
<b>Friday</b>	Gym - <b>Dodgeball Club</b> (Year 7) Sports Leaders tbc	Net Courts/Sports Hall - <b>Netball</b> (Years 7A & 7B, 8A & 8B) Mrs Holstead
	Sports Hall – <b>Badminton Competitive</b> (Years 9/10) Mr Curtis	PE2 - Week B – <b>Fitness Suite - Training</b> (Years 9-11) Mr Wilson
		PE2 - <b>Rowing Club</b> (All Years) Mr Wharton
		Sports Hall Week A – <b>Volleyball</b> (All Years) Mr Gasson-Hudson (Thursdays outside in September)
		Sports Hall/ 3G Pitch - Staff Sport