



17 September 2026

## PE and Enrichment Sport/Squad in Touch app

Dear Parent/Carer,

Please find attached the timetable for sporting enrichment activities available during lunchtimes and after school up to Easter for the relevant year group. 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 and/or to follow the school's fixtures across all sports and ages, 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-house fixtures will run throughout the year.
- If your child is interested in joining a local sports club please 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 2026-27

## Year 7 Enrichment

| DAY     | Lunch 12.15-12.45 or 1.15-1.45pm<br>(Years 7/8/11/12 and Years 9/10/13)                                                                                                                                                                                    | After School 3.10 - 4.15/4.30pm                                                                                                                                                                                                                                              |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday  |                                                                                                                                                                                                                                                            | Net Courts/Sports Hall - <b>Rec Netball (Years 7-10)</b> Sports Leaders<br>Swim Pool – <b>Swimming Club (All Years)</b> Mrs Miller<br>Gym – <b>Community Basketball Club</b> (Y7/Y8- 4.15-5.15, Y9-Y10 - 5.15-6.15)<br>Bradford Dragons £3 per session                       |
| Tuesday |                                                                                                                                                                                                                                                            | 3G Pitch/Grass - <b>Boys Rugby (Year 7)</b> Mr Curtis/Mr Wood<br>3G Pitch/Grass - <b>Girls Football (Years 7/8)</b> Miss Jennings/ Miss Jenkins<br>Meet @ Tech 2 - <b>Running club (All Years)</b> Mrs Blakeley/ Mr Topley                                                   |
| Weds    |                                                                                                                                                                                                                                                            | 3G Pitch/Grass - <b>Girls Rugby (All Years)</b> Miss Jennings/ Miss Jenkins                                                                                                                                                                                                  |
| Thurs   | 3G Pitch – <b>Year 7/8/12 Lunchtime Football</b> Mr Curtis<br>Sports Hall/Courts - <b>Netball Shooting (Year 7/8)</b> Mrs Holstead<br>Sports Hall - <b>Badminton (Year 7/8)</b> Mr Whitaker<br>Main Hall - <b>Table Tennis (Years 7/8 and 11)</b> Mr Atkin | Net Courts/Sports Hall - <b>Netball (Years 7A &amp; 7B, 8A &amp; 8B)</b> Mrs Holstead/<br>Miss Bell                                                                                                                                                                          |
| Friday  | 3G Pitch – <b>Year 7/8/11 Lunchtime Football</b> Mr Hyam<br>Swim Pool - <b>Open Swim (Years 7/8/ and 11)</b> Mrs Miller<br>Sports Hall - <b>Badminton (Year 7/8/11)</b> Mr Curtis                                                                          | PE2 - <b>Rowing Club (All Years)</b> Mr Wharton<br>3G Pitch/Grass - <b>Boys Football (Year 7,8)</b> Mr Curtis<br>PE2 - <b>Fitness Suite (All Years)</b> Mr Wilson<br>Sports Hall Week B – <b>Volleyball (All Years)</b> Mr Gasson-Hudson<br>(Thursdays outside in September) |

# PHGS PE Extra-Curricular Timetable 2026-27

## Year 8 Enrichment

| DAY     | Lunch 12.15-12.45 or 1.15-1.45pm<br>(Years 7/8/11/12 and Years 9/10/13)                                                                                                                                                                                    | After School 3.10 - 4.15/4.30pm                                                                                                                                                                                                                                              |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday  |                                                                                                                                                                                                                                                            | Net Courts/Sports Hall - <b>Rec Netball (Years 7-10)</b> Sports Leaders<br>Swim Pool – <b>Swimming Club (All Years)</b> Mrs Miller<br>Gym – <b>Community Basketball Club (Y7/Y8- 4.15-5.15, Y9-Y10 - 5.15-6.15)</b><br>Bradford Dragons £3 per session                       |
| Tuesday |                                                                                                                                                                                                                                                            | Meet @ Tech 2 - <b>Running club (All Years)</b> Mrs Blakeley/ Mr Topley<br>3G Pitch/Grass - <b>Girls Football (Years 7/8)</b> Miss Jennings/ Miss Jenkins                                                                                                                    |
| Weds    |                                                                                                                                                                                                                                                            | 3G Pitch/Grass - <b>Girls Rugby (All Years)</b> Miss Jennings/ Miss Jenkins                                                                                                                                                                                                  |
| Thurs   | 3G Pitch – <b>Year 7/8/12 Lunchtime Football</b> Mr Curtis<br>Sports Hall/Courts - <b>Netball Shooting (Year 7/8)</b> Mrs Holstead<br>Sports Hall - <b>Badminton (Year 7/8)</b> Mr Whitaker<br>Main Hall - <b>Table Tennis (Years 7/8 and 11)</b> Mr Atkin | 3G Pitch/Grass - <b>Boys Rugby (Year 8)</b> Mr Hyam/Mr Hargreaves/Mr Davy<br>Net Courts/Sports Hall - <b>Netball (Years 7A &amp; 7B, 8A &amp; 8B)</b> Mrs Holstead/<br>Miss Bell                                                                                             |
| Friday  | 3G Pitch – <b>Year 7/8/11 Lunchtime Football</b> Mr Hyam<br>Swim Pool - <b>Open Swim (Years 7/8/ and 11)</b> Mrs Miller<br>Sports Hall - <b>Badminton (Year 7/8/11)</b> Mr Curtis                                                                          | PE2 - <b>Rowing Club (All Years)</b> Mr Wharton<br>3G Pitch/Grass - <b>Boys Football (Year 7,8)</b> Mr Curtis<br>PE2 - <b>Fitness Suite (All Years)</b> Mr Wilson<br>Sports Hall Week B – <b>Volleyball (All Years)</b> Mr Gasson-Hudson<br>(Thursdays outside in September) |

# PHGS PE Extra-Curricular Timetable 2026-27

## Year 9 Enrichment

| DAY     | Lunch 12.15-12.45 or 1.15-1.45pm<br>(Years 7/8/11/12 and Years 9/10/13)                                                                                                      | After School 3.10 - 4.15/4.30pm                                                                                                                                                                                                   |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday  | 3G Pitch – Year 9/10/13 Lunchtime Football Miss Jennings<br>Sports Hall - Badminton (Year 9/10) Mr Curtis<br>Sports Hall/Courts - Netball Shooting (Y9 and Y10) Mrs Holstead | Net Courts/Sports Hall - Rec Netball (Years 7-10) Sports Leaders<br>Swim Pool – Swimming Club (All Years) Mrs Miller<br>Gym – Community Basketball Club (Y7/Y8- 4.15-5.15, Y9-Y10 - 5.15-6.15)<br>Bradford Dragons £3 per session |
| Tuesday | 3G Pitch – Year 9/10/13 Lunchtime Football Mr Shann<br>Sports Hall - Hockey (Years 9/10) Mrs Holstead                                                                        | Meet @ Tech 2 - Running club (All Years) Mrs Blakeley/ Mr Topley<br>3G/Grass Pitch - Boys Football (Year 9) Mr Shann                                                                                                              |
| Weds    | Swim Pool - Open Swim (Years 9/10) Mrs Miller<br>Sports Hall - Badminton (Year 9/10) Mr Curtis                                                                               | Net Courts/Sports Hall - Netball (Years 9A, 9B, 10B, 11B) Miss Riddler<br>3G Pitch/Grass - Girls Rugby (All Years) Miss Jennings/ Miss Jenkins                                                                                    |
| Thurs   |                                                                                                                                                                              | 3G Pitch/Grass - Girls Football (Years 9/10/11) Miss Riddler<br>3G Pitch /Grass - Boys Rugby (Year 9) Mr Atkin/ Mr Rowe                                                                                                           |
| Friday  |                                                                                                                                                                              | PE2 - Rowing Club (All Years) Mr Wharton<br>PE2 - Fitness Suite (All Years) Mr Wilson<br>Sports Hall Week B – Volleyball (All Years) Mr Gasson-Hudson<br>(Thursdays outside in September)                                         |

# PHGS PE Extra-Curricular Timetable 2026-27

## Year 10 Enrichment

| DAY     | Lunch 12.15-12.45 or 1.15-1.45pm<br>(Years 7/8/11/12 and Years 9/10/13)                                                                                                      | After School 3.10 - 4.15/4.30pm                                                                                                                                                                                                                                                         |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday  | 3G Pitch – Year 9/10/13 Lunchtime Football Miss Jennings<br>Sports Hall - Badminton (Year 9/10) Mr Curtis<br>Sports Hall/Courts - Netball Shooting (Y9 and Y10) Mrs Holstead | Net Courts/Sports Hall - Rec Netball (Years 7-10) Sports Leaders<br>Swim Pool – Swimming Club (All Years) Mrs Miller<br>3G/Grass Pitch - Boys Football (Year 10) Mr Weston<br>Gym – Community Basketball Club (Y7/Y8- 4.15-5.15, Y9-Y10 - 5.15-6.15)<br>Bradford Dragons £3 per session |
| Tuesday | 3G Pitch – Year 9/10/13 Lunchtime Football Mr Shann<br>Sports Hall - Hockey (Years 9/10) Mrs Holstead                                                                        | 3G Pitch /Grass - Boys Rugby (Year 10) Mr Hyam/ Mr Hargreaves<br>Net Courts/Sp Hall - Netball (Year 10A, 11A, Seniors) Mrs Fenton-Green/<br>Mrs Edney<br>Meet @ Tech 2 - Running club (All Years) Mrs Blakeley/ Mr Topley                                                               |
| Weds    | Swim Pool - Open Swim (Years 9/10) Mrs Miller<br>Sports Hall - Badminton (Year 9/10) Mr Curtis                                                                               | Net Courts/Sports Hall - Netball (Years 9A, 9B, 10B, 11B) Miss Riddler<br>3G Pitch/Grass - Girls Rugby (All Years) Miss Jennings/ Miss Jenkins                                                                                                                                          |
| Thurs   |                                                                                                                                                                              | 3G Pitch/Grass - Girls Football (Years 9/10/11) Miss Riddler                                                                                                                                                                                                                            |
| Friday  |                                                                                                                                                                              | PE2 - Rowing Club (All Years) Mr Wharton<br>PE2 - Fitness Suite (All Years) Mr Wilson<br>Sports Hall Week B – Volleyball (All Years) Mr Gasson-Hudson<br>(Thursdays outside in September)                                                                                               |

# PHGS PE Extra-Curricular Timetable 2026-27

## Year 11/12/13 Enrichment

| DAY     | Lunch 12.15-12.45 or 1.15-1.45pm<br>(Years 7/8/11/12 and Years 9/10/13)                                                                                              | After School 3.10 - 4.15/4.30pm                                                                                                                                                                                                                                                                           |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday  | 3G Pitch – Year 9/10/13 Lunchtime Football Miss Jennings                                                                                                             | Swim Pool – Swimming Club (All Years) Mrs Miller<br><br>Gym – Community Basketball Club (Y7/Y8- 4.15-5.15, Y9-Y10 - 5.15-6.15)<br>Bradford Dragons £3 per session<br><br>3G Pitch - Boys Rugby (Year 11) Mr Atkin/Mr Hargreaves (3-4pm)<br>3G Pitch - Boys Rugby (Seniors) Mr Atkin/Mr Hargreaves (4-5pm) |
| Tuesday | 3G Pitch – Year 9/10/13 Lunchtime Football Mr Shann                                                                                                                  | Net Courts/Sp Hall - Netball (Year 10A, 11A, Seniors) Mrs Fenton-Green/<br>Mrs Edney<br><br>Meet @ Tech 2 - Running club (All Years) Mrs Blakeley/ Mr Topley                                                                                                                                              |
| Weds    |                                                                                                                                                                      | Net Courts/Sports Hall - Netball (Years 9A, 9B, 10B, 11B) Miss Riddler<br>3G Pitch/Grass - Girls Rugby (All Years) Miss Jennings/ Miss Jenkins                                                                                                                                                            |
| Thurs   | 3G Pitch – Year 7/8/12 Lunchtime Football Mr Curtis<br><br>Main Hall - Table Tennis (Years 7/8 and 11) Mr Atkin                                                      | 3G Pitch/Grass - Girls Football (Years 9/10/11) Miss Riddler                                                                                                                                                                                                                                              |
| Friday  | 3G Pitch – Year 7/8/11 Lunchtime Football Mr Hyam<br><br>Swim Pool - Open Swim (Years 7/8/ and 11) Mrs Miller<br><br>Sports Hall - Badminton (Year 7/8/11) Mr Curtis | PE2 - Rowing Club (All Years) Mr Wharton<br><br>PE2 - Fitness Suite (All Years) Mr Wilson<br><br>Sports Hall Week B – Volleyball (All Years) Mr Gasson-Hudson<br>(Thursdays outside in September)                                                                                                         |