[](http://www.google.co.uk/imgres?q=paignton+community+and+sports+academy&safe=active&sa=X&rls=com.microsoft:en-gb:IE-SearchBox&biw=1519&bih=759&tbm=isch&tbnid=Iw3clTl8erG9VM:&imgrefurl=http://www.prospectsacademiestrust.org/OurAcademies.aspx&docid=BbT5PQxAhMd1DM&imgurl=http://www.prospectsacademiestrust.org/portals/4/Images/AcademyLogos/PSCA-JPG-Web.png&w=219&h=128&ei=UdMxUtWvLoSO7Qb5r4CwDQ&zoom=1&iact=hc&vpx=1045&vpy=442&dur=842&hovh=102&hovw=175&tx=73&ty=42&page=1&tbnh=102&tbnw=175&start=0&ndsp=27&ved=1t:429,r:18,s:0,i:136) Year 10 Extra Curricular Activities

**!! EVERYONE WELCOME !!**

|  |  |  |
| --- | --- | --- |
| Activity | When | Where |
| MONDAY | | |
| Fitness Suite | Lunch | Fitness Suite |
| Basketball | Lunch | Sports Hall |
| Netball | After school | HUB |
| Fitness Suite | After school | Fitness Suite |
| TUESDAY | | |
| Morning workout | **7.30-8am** | Fitness Suite |
| Basketball | Lunch | Sports Hall |
| Fitness Suite | Lunch | Fitness Suite |
| Dance Matts | Lunch | Viewing Gallery |
| Indoor rowing | After school | Fitness Suite |
| Ten Tors Drop | After school | B11 |
| WEDNESDAY | | |
| Morning workout | **7.30-8am** | Fitness Suite |
| Archery (Max 8) | Lunch | Sports Hall |
| Fitness Suite | Lunch | Fitness Suite |
| Fitness Suite | After school | Fitness Suite |
| Volleyball | After school | Sports Hall |
| DofE Drop in | After school | B11 |
| Dodgeball | After school | **WRC** Gym |
| Table Tennis | After school | **WRC** Dining Hall |
| THURSDAY | | |
| 5 a-side Football | Lunch | Sports Hall |
| Fitness Suite | Lunch | Fitness Suite |
| Indoor Hockey | After school | Sports Hall |
| Fitness Suite | After school | Fitness Suite |
| FRIDAY | | |
| Fitness Suite | Lunch | Fitness Suite |
| Fitness Suite | After school | Fitness Suite |

**Lunchtime clubs run from 1:15 - 1.45pm**

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0CAcQjRxqFQoTCNaqq_OG7McCFUdrFAodFSYLEg&url=http://www.clipartof.com/gallery/clipart/netball.html&bvm=bv.102022582,d.ZGU&psig=AFQjCNFXSrBALs01zn7k0k6-9B7q0rXEOw&ust=1441960279750212)**After School activities runs from 3-4pm**