



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:45 - 07:45 <b>GYM CLASS</b> Senior Boys Rugby Team	06:45 - 07:45 <b>GYM CLASS</b> Girls Only - Forms 4 to 6 <b>SWIM CLUB</b>		06:45 - 07:45 <b>GYM CLASS</b> TY Boys	06:45 - 07:45 <b>GYM CLASS</b> Senior Boys Rugby Team <b>SWIM CLUB</b>
08:00 - 08:40 <b>JAZZ BAND</b> Rhythm Section		07:00 - 07:40 <b>YOGA</b> Energetic Flow 08:00 - 08:40 <b>JAZZ BAND</b> Singing	07:00 - 07:40 <b>YOGA</b> Energetic Flow	08:00 - 08:40 <b>CHOIR</b> <b>JAZZ BAND</b> Brass Section
12:20 - 13:00 <b>STUDENT COUNCIL</b> Junior Members	12:20 - 13:00 <b>ORCHESTRA</b> Junior Sectional	13:30 - 15:00 <b>BADMINTON</b> Social <b>SWIM CLUB</b>	12:40 - 13:00 <b>ENVIRONMENTAL COMMITTEE</b> Forms 1 to 3	
13:00 - 13:40 <b>STUDENT COUNCIL</b> Senior Members	12:40 - 13:00 <b>AMBER FLAG</b> Junior Members	13:30 - 15:30 <b>ROWING</b>	13:00 - 13:40 <b>ENVIRONMENTAL COMMITTEE</b> Forms 4 to 6 <b>ORCHESTRA</b> Senior Sectional	13:10 - 13:30 <b>AMBER FLAG</b> Senior Members
16:00 - 17:00 <b>*CRICKET</b> Form 1 - *Mandatory <b>ATHLETICS</b> Junior & Senior <b>FOOTBALL</b> Senior Boys & Girls <b>GYM CLASS</b> Forms 4 to 6 <b>ROWING</b> <b>RUGBY</b> Senior Boys <b>TENNIS</b> Form 2 <b>ARTISTIC PERFORMANCE</b> Forms 2 to 6 <b>ORCHESTRA</b> Tutti <b>BOOK CLUB</b> <b>COOKING CLUB</b>	16:00 - 17:00 <b>*TENNIS</b> Form 1 Boys - *Mandatory <b>ATHLETICS</b> Form 1 Girls <b>BASKETBALL</b> Form 1 & 2 Girls <b>CRICKET</b> <b>FOOTBALL</b> Form 3 & 4 Boys <b>GYM CLASS</b> Girls Only - Forms 4 to 6 <b>RUGBY</b> Girls - Forms 2 to 6 <b>YOGA</b> Energetic Flow <b>DANCE</b> <b>PHOTOGRAPHY</b> <b>POTTERY</b>	13:45 - 14:45 <b>HOCKEY</b> Form 1 & 2 Boys & Girls 14:45 - 16:00 <b>HOCKEY</b> Junior & Senior Teams 14:00 - 15:00 <b>GYM CLASS</b> Forms 4 to 6 15:00 - 16:00 <b>GYM CLASS</b> Forms 4 to 6 16:00 - 17:00 <b>ADVANCED GYM CLASS</b> Senior Boys & Girls	16:00 - 17:00 <b>ATHLETICS</b> Forms 2 & 3 <b>BASKETBALL</b> Form 2 Boys <b>CRICKET</b> Form 1 & Senior Boys & Girls <b>FOOTBALL</b> Form 3 & 4 Boys <b>GYM CLASS</b> Forms 4 to 6 <b>RUGBY</b> Girls - Forms 2 to 6 <b>RUNNING</b> <b>TENNIS</b> Form 2 <b>YOGA</b> Relaxed Flow <b>BOOK CLUB</b> <b>COOKING CLUB</b> <b>DEBATING</b> <b>PHOTOGRAPHY</b> <b>VIRTUAL GAMES CLUB</b>	16:00 - 17:00 <b>*TENNIS</b> Form 1 Girls - *Mandatory <b>ATHLETICS</b> Form 1 Boys <b>ATHLETICS</b> Forms 4 to 6 <b>BASKETBALL</b> Form 1 Boys <b>CRICKET</b> Forms 2 & 3 <b>FOOTBALL</b> Senior Boys & Girls <b>GYM CLASS</b> Forms 4 to 6 <b>HOCKEY</b> Forms 4 to 6 <b>ROWING</b> <b>DEBATING</b> <b>FILM CLUB</b>
17:00 - 18:00 <b>GYM CLASS</b> Senior Boys Rugby Team <b>HOCKEY</b> Forms 1, 2 & 3 Girls <b>ROWING</b> <b>RUGBY</b> Forms 1 & 2 Boys <b>TENNIS</b> Forms 3 & 4	17:00 - 18:00 <b>BASKETBALL</b> Under 16 & Under 19 Girls <b>GYM CLASS</b> Forms 4 to 6 <b>HOCKEY</b> Forms 1, 2 & 3 Boys <b>TENNIS</b> Forms 4 to 6 <b>DANCE</b>		17:00 - 18:00 <b>BASKETBALL</b> Under 16 & Under 19 Boys <b>GYM CLASS</b> Senior Boys Rugby Team <b>TENNIS</b> Forms 3 to 6	17:00 - 18:00 <b>ADVANCED GYM CLASS</b> Senior Boys & Girls <b>ROWING</b>
<b>Colour Key Guide</b>				
<b>SPORTS &amp; LEISURE</b>	<b>CLUBS &amp; ENRICHMENT</b>	<b>PERFORMING ARTS</b>	<b>PASTORAL</b>	



Scan the QR code  
to login to SOCS

All students must sign up to their chosen activities on SOCS - <https://socsms.com/login/1908>

Forms 1 to 4 must participate in extra-curricular physical activity at least two days per week - this will be monitored on SOCS

Schedules for Music & Drama lessons will be posted on the Music noticeboards and in the Performing Arts room

Announcements and updates regarding extra-curricular or sporting activities will be posted on the school TV screens each day

If a student is unable to attend their chosen activity on any given day, they must notify their teacher or coach in advance

Any queries can be sent to [sports@thekingshospital.le](mailto:sports@thekingshospital.le) and/or [sportsandeca@thekingshospital.le](mailto:sportsandeca@thekingshospital.le)