

## EVERY CHILD SHOULD DO AT LEAST TWO HOURS OF SPORT

### PE/Gym/Games

|       |   |
|-------|---|
| Mon.  | Higher Transition and Juniors<br>GCSE, Yr10, Yr.11 & Vith. Form |
| Tues  | Early GCSE  |
| Thurs | Form 1  |
| Fri   | Higher Transition and Juniors                                   |

### Lunchtime Clubs

**Canoeing and Fitness Training are frequently available for the enthusiastic.**  
See Mr J Jenner Jnr

A variety of Lunchtime Junior / Senior Sports Clubs:

Football; Netball; Archery; Badminton  
(see School Clubs Leaflet)

### Duke of Edinburgh Awards & PE GCSE

We like every 14yr old to work towards these prestigious awards and where possible, also enter for GCSE in PE.

See Mr Jenner Jnr

### Hill Walking

The school participates in a number of local walking events including the Sidmouth Saunter, Exmoor Challenge, Abbots Way and of course, The Ten Tors.

See Mr Jenner Jnr for full details

### Swimming

Our swimming classes are run by Exeter University, so the x11@£10 classes MUST be paid for in advance and absences must be paid for. Total £110 this term.

### Horse Riding

Horse Riding Lessons are arranged with the Riding Centre at Finlake, Chudleigh.

Please see Mr Bushrod for further information.

### Canoe Club

See Mr Jenner Jnr for further details.

## After School Clubs/Tutorials

### Climbing Club

Every Wednesday @ 4-6pm

### Badminton Clubs

Most evenings.

Enquires to the main school office please.

### Thursday Football Clubs

See Mr Ayles: x12 £42

Junior 3pm

Seniors 3.50 pm

### Rugby Club

Every week at Topsham rugby club #

See Mr P Collins, Rugby Coach

### Tutorials

See Mr Bushrod or Mrs Wrightson

### Outward Bound Programme

Please email Mr Jenner on

john@magdalencourtschool.co.uk

# Subject to demand

# OUTWARD BOUND

All the Outward Bound courses are carried out under the personal supervision of Mr J J C Jenner B Ed Hons Adv. Dip (IT)

British Canoe Union; Senior Instructor L3K  
British Sub-Aqua Club; Open Water Instructor  
Mountain Leader Training Board; Walking Group Leader. South West Mountain & Moorland Training Board: B4 & H4

Oxford and Cambridge & RSA; L3, off Site Safety Management

The Duke of Edinburgh Award; Group Leader.

Ten Tors; Team Manager

## Activity Camps

Each year the Junior camp is generally held at Lady's Mile Dawlish in the Summer term. This is an introduction to camping for the younger age group.

For the more adventurous we usually visit a Residential PGL Outward Bound Centre annually where pupils can undertake e.g. abseiling, sailing, archery, football etc..

## Cycling

Opportunities such as the Plym Valley Trail are arranged at intervals & Cycling Proficiency Tests level 1 on site & level 2&3 on the road by carefully selected routes.

## Provisional Outdoor Pursuits Programme

The Outward Bound Programme is arranged on an annual basis, in order to spread the opportunities for pupils to plan ahead.

A typical programme usually offers a number of the following:

**British Military Fitness Club**  
**Canoeing/Kayaking - River Axe Race,**  
**Wooden Boat Show**  
**Sailing**  
**Walks and Tracks**  
**Abbots Way**  
**Moonraker Walks**  
**Exmoor Challenge event**  
**Day and Night Orienteering**  
**Rock climbing**  
**Weekend Activity Camps**  
**Overseas Camp**  
**Summer & Autumn Camps**  
**Horse Riding**  
**Dry Ski training**  
**Snow Zone**  
**Ski Trip**  
**Ten Tors**  
**Duke of Edinburgh Expeditions**  
**Bushcraft Camp**  
**Surf Camp**  
**Brecon's Weekend**  
**Cycling Trips & Proficiency Tests**

Please ask for a copy of the programme or check the school web site [www.magdalencourtschool.co.uk](http://www.magdalencourtschool.co.uk) for up to date events

# Magdalen Court School



Sports Programme

Michaelmas Term

2014

Magdalen Court School  
Victoria Park Road  
Exeter  
EX2 4NU  
Tel/Fax: 01392-494919  
E-Mail: [admin@MagdalenCourtSchool.co.uk](mailto:admin@MagdalenCourtSchool.co.uk)  
Web: [www.MagdalenCourtSchool.co.uk](http://www.MagdalenCourtSchool.co.uk)