

Mill Hill School - Keep Active, Co-Curricular Timetable - Week 1

Date	Time	Activity	Year Groups	Notes	Link
Tuesday 5 th Jan	1300	Sport	All Years	Virtual Physio Clinic Sign up	Please Email To Arrange
	1645	Sport	All Years	Netball Skills with England Player Jodie Gibson	Netball Link
	1645	Drama	Fourth Form	Drama Scholarship Activity	Drama Link
Wednesday 6 th Jan	1300	Wellbeing	All Years	Drop-in Strength & Conditioning Class	S&C Link
	1645	Wellbeing	All Years	Drop-in Yoga Class With MHS Yoga Teacher	Yoga Link
	1645	Sport	All Years	Virtual Physio Clinic Sign up	Please Email To Arrange
Thursday 7 th Jan	1300	Sport	All Years	Netball Skills with England Player Jodie Gibson	Netball Link
	13.05	Music	All Years	A Short Coffee Concert Showcasing a MHS Pupil	Coffee Concert Link
	1645	Wellbeing	All Years	Drop-in Dance Class With MHS Dance Teacher	Dance Link
	1645	Sport	4 th , Remove, L6 th	Virtual Sports Scholarship Session	Sports Scholarship Link
Friday 8 th Jan	1300	Sport	All Years	Drop-in Strength & Conditioning Class	S&C Link
	1305	Music	All Years	Studying Music at university, Miss Parry and Mr Pateman talk about their experiences as Music students at the University of Manchester	Studying Music at university link
	1305	CCF	All Years	Interactive CCF Quiz	Teams Link
	1645	Sport	All Years	Hockey Skills with Mr Browne	Teams Link
	1645	Wellbeing	All Years	Virtual Nutrition Consultation Sign up	Please Email To Arrange