

Mill Hill School - Keep Active, Co-Curricular Timetable - Week 2

Date	Time	Activity	Year Groups	Notes	Link
Monday 11 th Jan	1645	Music	All Years	Personal Music Practice Drop In Session	Music Link
Tuesday 12 th Jan	1300	Wellbeing	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
	1645	Sport	All Years	Football Skill with Mr Bedford and Tottenham Hotspur	Football Link
Wednesday 13 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	Introduction to Golf For Beginners - Q&A With Mr Halford	Golf Link
	1645	Sport	All Years	Virtual Physio Clinic Sign up	Please Email To Arrange
	1645	Co-Curricular	All Years	Investment Challenge with Mr Rennie	Investment Link
Thursday 14 th Jan	1300	Sport	All Years	Netball Skills with England Player Jodie Gibson	Netball Link
	1300	Sport	All Years	Drop-in Strength & Conditioning Class	S&C Link
	1600	Co-Curricular	All Years	Warhammer Club	Warhammer Link
	1645	Wellbeing	All Years	Drop-in Dance Class With MHS Dance Teacher	Dance Link
	1645	Sport	All Years	Virtual Sports Scholarship Session	Sports Scholarship Link
Friday 15 th Jan	1300	Wellbeing	All Years	PSHE Mindfulness Activity	Mindfulness Activity Link
	1305	Music	All Years	Music Q&A	Music Q&A
	1600	CCF	All Years	Interactive CCF Quiz	CCF Link
	1645	Sport	All Years	Hockey Skills with Mr Browne	Hockey Link
	1645	Wellbeing	All Years	Virtual Nutrition Consultation Sign up	Please Email To Arrange