

# Mill Hill School - Keep Active, Co-Curricular Timetable – Week 7 (Week A)

| Date               | Time | Activity      | Year Groups                | Notes  | Link                                    |
|--------------------|------|---------------|----------------------------|--|---|
| Monday 22nd Feb    | 1300 | Academic      | Fourth Form & Remove       | Sir James Murray Society with Miss Fenwick <b>(Week B)</b> | <a href="#">SJM Link</a>                |
|                    | 1300 | Wellbeing     | All Years                  | Weekly Top Tips for Wellbeing with Mr Lound                | <a href="#">Wellbeing Link</a>          |
|                    | 1645 | Music         | All Years                  | Personal Music Practice Drop In Session                    | <a href="#">Music Link</a>              |
|                    | 1645 | Sport         | All year                   | Martial Arts Activity with Mr Nicholls                     | <a href="#">Martial Arts Link</a>       |
| Tuesday 23rd Feb   | 1000 | Music         | All Years                  | Coffee Concert   | <a href="#">Concert Link</a>            |
|                    | 1300 | Wellbeing     | All Years                  | Drop-in Strength & Conditioning Class                      | <a href="#">S&amp;C Link</a>            |
|                    | 1300 | Wellbeing     | All Years                  | Virtual Physio Clinic Sign up                              | <a href="#">Please Email To Arrange</a> |
|                    | 1645 | Sport         | All Years                  | Netball Skills with England Player Jodie Gibson            | <a href="#">Netball Link</a>            |
|                    | 1645 | Drama         | Fourth Form                | Drama Scholarship Activity                                 | <a href="#">Drama Link</a>              |
|                    | 1645 | Sport         | Fifth, Lower & Upper Sixth | Football Skills with Mr Bedford and Tottenham Hotspur      | <a href="#">Football Link</a>           |
| Wednesday 24th Feb | 1645 | Wellbeing     | All Years                  | Drop-in Yoga Class With MHS Yoga Teacher                   | <a href="#">Yoga Link</a>               |
|                    | 1645 | Sport         | All Years                  | Life Skills learnt from Golf – Q&A with Mr Halford         | <a href="#">Golf Link</a>               |
|                    | 1645 | Sport         | All Years                  | Virtual Physio Clinic Sign up                              | <a href="#">Please Email To Arrange</a> |
|                    | 1645 | Co-Curricular | All Years                  | Investment Challenge with Mr Rennie                        | <a href="#">Investment Link</a>         |
| Thursday 25th Feb  | 1000 | Music         | All Years                  | Coffee Concert   | <a href="#">Concert Link</a>            |
|                    | 1300 | Academic      | Lower Sixth                | Medical Society with Dr Damberg <b>(Week B)</b>            | <a href="#">Medical Society Link</a>    |
|                    | 1300 | Sport         | All Years                  | Netball Skills with England Player Miss Jodie Gibson       | <a href="#">Netball Link</a>            |
|                    | 1300 | Sport         | All Years                  | Drop-in Strength & Conditioning Class                      | <a href="#">S&amp;C Link</a>            |
|                    | 1550 | Creative      | All Years                  | Writers Society with Miss Conlon <b>(Week B)</b>           | <a href="#">Writers Society Link</a>    |
|                    | 1600 | Co-Curricular | All Years                  | Warhammer Club with Mr Gifford                             | <a href="#">Warhammer Link</a>          |
|                    | 1600 | Sport         | Fourth Form & Remove       | Football Skills with Mr Bedford and Tottenham Hotspur      | <a href="#">Football Link</a>           |
|                    | 1645 | Wellbeing     | All Years                  | Drop-in Dance Class with MHS Dance Teacher                 | <a href="#">Dance Link</a>              |
|                    | 1645 | Sport         | All Years                  | Virtual Sports Scholarship Session                         | <a href="#">Sports Scholarship Link</a> |
| Friday 26th Feb    | 1305 | Music         | All Years                  | Music Q&A  | <a href="#">Music Q&amp;A</a>           |
|                    | 1600 | CCF           | All Years                  | Interactive CCF session with Major N and NCO's             | <a href="#">CCF Link</a>                |
|                    | 1645 | Sport         | All Years                  | Hockey Skills with Mr Browne                               | <a href="#">Hockey Link</a>             |
|                    | 1645 | Wellbeing     | All Years                  | Virtual Nutrition Consultation Sign up                     | <a href="#">Please Email To Arrange</a> |