



Block 1 of Future Friday runs from 25th August 2023 up to and including Friday 13th October 2023.

Weekly Activities

No	Activity	Year Group(s)	Location	Time	Leader
1	Dance	S1-S3	Assembly Hall	1pm-2pm	Nikki – Active Schools
2	Fitness Club / Circuits	S1-S3	Fitness Suite	1pm- 2pm	Joe – Active Schools
3	Rowing – starts 1 st September	S2-S6	Strathclyde Park – Rowing Centre	1pm-3pm	Strathclyde Rowing Club
4	Football	S1-S3	Outside / Duchess Park	1pm- 2.30pm	Tom– Football Academy
5	Volleyball	S5-S6	Games Hall	1pm-2pm	PE Staff
6	Junior Sports Leader- Starts 1 st September	S3	Gym Hall	1pm-2.15pm	Regan- Active Schools
7	Cook School Scotland – starts 1 st September	S3-S6 (max 8 pupils)	Home Ec: Dual Purpose Room	1pm – 2.45pm	Cook School Staff
8	School Show Rehearsals	Cast only	Drama Dept	1pm-2.30pm	Mrs Kelly
9	New College Lanarkshire : Music Business Course – starts 1 st September	S4-S6 (max- 14 pupils)	NCL Motherwell Campus- transport provided	1.15pm-3pm	College Tutor
10	Young STEM Leader	S5-S6	Lab 8	1pm-2.45pm	Ms Winchester
11	NPA Personal Training Course – All Year	S4-S6	Braidhurst High- transport provided		New College Lanarkshire Tutor
12	Hot Chocolate Club (S2 Social Den Pupils)	S2	Social Den	1.15-2pm	ASN Staff



Block 1 of Future Friday runs from 25th August 2023 up to and including Friday 13th October 2023.

Stand Alone / One Off Activities

No	Activity	Year Group(s)	Location	Date	Time	Leader
1	Digital School - Game Design, Coding & Green Screen	S1-S6	Upper Library	29 th Sept & 6 th October	1.15pm-2.30pm	Digital Schools