

LE@P



We've always believed in the huge benefits of extracurricular clubs for our pupils - and never more so than now.

So **LEAP** into our new LIVE online clubs and enjoy a range of enriching activities to brighten your week.



Live Extracurricular @ Penryn

MONDAY

CROSSFIT

3.45 - 4.15
YEARS: ALL
MR LUGG
LIVE LINK [HERE](#)

INSTRUMENTAL LESSON Q&A

3.30 - 4.15
YEARS: ALL
MUSIC DEPT
LIVE LINK [HERE](#)

TUESDAY

HANKINS HIIT

3.45 - 4.30
YEARS: ALL
MISS HANKINS
LIVE LINK [HERE](#)

VOCAL WORKSHOP

3.45 - 4.15
YEARS: ALL
MISS REAL
LIVE LINK [HERE](#)

ACADEMY FOOTBALL

3.45 - 4.15
YEARS: ALL
MR BIDGOOD & MISS LANE
LIVE LINK [HERE](#)

WEDNESDAY



CORNWALL VIRTUAL SCHOOL GAMES ! LIVE CHALLENGE !

3.45 - 4.15
YEARS: ALL
MR LUGG
LIVE LINK [HERE](#)

YEAR 7 DANCE

3.45 - 4.30
YEARS: 7
MRS SADLER
LIVE LINK [HERE](#)

THURSDAY

STRETCH & FLEX

3.45 - 4.15
YEARS: 7/8
MISS HOPWOOD
LIVE LINK [HERE](#)

STREET DANCE

3.45 - 4.15
YEARS: ALL
MISS GREEN
LIVE LINK [HERE](#)

BASKETBALL DRUMMING

3.45 - 4.15
YEARS: ALL
MRS CHILDS
LIVE LINK [HERE](#)

! Please remember to log in to Teams with your school username and password. We will ONLY admit those with recognised school logins !

FRIDAY

LIVE COOKALONG

12.30 - 1.45
YEARS: ALL
MRS KNOWLES
LIVE LINK [HERE](#)

DAL & EASY NAAN BREAD INGREDIENTS:

1 tbsp oil
1 onion
2 garlic cloves
3cm piece fresh root ginger
2-3 Tbsp Curry Powder
1 x 400g tins green lentils
1 x 400g tins chopped tomatoes
1 vegetable stock cube
25g fresh coriander, (Optional)
75g Greek-style plain yoghurt,

For the quick naan breads
300g self-raising flour
¾ tsp sea salt
2 tbsp sesame seeds (Optional)
175g fat-free Greek-style plain yoghurt

If any students require help with obtaining ingredients, please contact -
jash@penryn-college.cornwall.sch.uk



If you miss a session, or want to rewatch one, you can visit the LEAP Library which features a recording of every live club:
LEAP LIBRARY - [CLICK HERE](#)
(use your school login)