

# LE@P

Live Extracurricular @ Penryn



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.



## 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](#)

### FOOTBALL

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

## WEDNESDAY

### BASKETBALL & NETBALL

3.45 - 4.30  
YEARS: ALL  
MR SHEPHERD & MRS WALKER  
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](#)

### CUP DRUMMING

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

## FRIDAY

### LIVE COOKALONG

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

### KATSU CURRY INGREDIENTS:

1 tbsp rapeseed oil or vegetable oil  
2 onions  
3 large carrots  
2 garlic cloves  
thumb-sized piece ginger  
1 tbsp curry powder, mild or medium depending on your spice tolerance  
½ tsp ground turmeric  
400ml can coconut milk  
2 tsp maple syrup (or use honey if not cooking for vegans)  
1 tbsp cornflour  
8 chicken mini fillets, or a 280-300g block firm tofu, or half and half  
200g breadcrumbs (gluten-free if necessary).

If any students require help with obtaining ingredients, please contact - [jash@penryn-college.cornwall.sch.uk](mailto:jash@penryn-college.cornwall.sch.uk)



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