

ARCHERY

Archery is a great sport that is both competitive and social. Our instructors have only four out of eight students shooting at one time so they can have their full focus on a small number of students. Archery is a very popular choice so this activity fills up quickly.

Archery		Location – Behind Cricket Nets Meeting Point – Behind Cricket Nets Wet Weather – Scout Hall			
Time	Day	Years	Start	End	Cost
12.45 – 1.20pm	Tuesday	Years 4 - 8	Week 1 10/10/23	Week 8 28/11/23	\$152.00
12.45 – 1.20pm	Thursday	Years 4 - 8	Week 1 12/10/23	Week 8 30/11/23	\$152.00
Sessions = 8 sessions					
The instructor provides all required equipment.					

BADMINTON

Run in conjunction with the New Zealand Badminton Academy, the King's Extra-curricular Academies offer a badminton programme designed for players of all levels. Students will learn foundation skills, develop their hand/eye coordination and compete against each other in friendly competition.

Badminton		Location - Sportsdome Meeting Point – Sportsdome			
Time	Day	Years	Start	End	Cost
12.45 – 1.20pm	Wednesday	Years 3 - 8	Week 1 11/10/23	Week 8 29/11/23	\$152.00
Sessions = 8 sessions					
Students must wear PE gear to participate and racquets are provided.					



BASKETBALL

Our basketball programme is a great way to improve basketball skills and knowledge.

The aim is to give children a grounding in the game and introduce them to competitive basketball via a local league. Training will give participants an opportunity to improve their basketball skills; including passing, shooting, ball-handling and footwork. Players will then apply these skills in a fun and competitive game situation.

A key component of the programme is to develop young basketballers to the point where they will enter and compete in local leagues. Emphasis will be placed on skills used in a game of basketball.

All boys in YEARS 5 & 6 ONLY for Term 4 , are welcome to join. If boys are interested to play for the school then league games will be played at St Kentigern Boys' School after school. A second league fee of (\$100) will be charged to your School account should your son play league basketball.

Note that all students must find their own transport to the after school games.

PLEASE NOTE: ALL STUDENTS MUST HAVE A MOUTHGUARD TO PARTICIPATE

Basketball		Location – Sportsdome Meeting Point – Sportsdome			
Swished On					
Time	Day	Years	Start	End	Cost
12.45pm –1.20pm	Monday	Rep Basketball Years 5 - 6	Week 1 09/10/23	Week 8 27/11/23	\$133.00
12.45pm –1.20pm	Wednesday	Development Years 2 - 4	Week 1 11/10/23	Week 8 29/11/23	\$152.00
3.15pm – 4.00pm	Wednesday	Rep Basketball Years 3 - 4	Week 1 11/10/23	Week 8 29/11/23	\$152.00
12.45pm –1.20pm	Thursday (lunchtime)	Rep Basketball Years 7 - 8	Week 1 12/10/23	Week 8 30/11/23	\$152.00
3:30pm – 4:15 pm	Friday	Rep In-house Basketball Year 5 - 8	Week 1 13/10/23	Week 8 01/12/23	\$152.00
Sessions = 8 sessions (Monday = 7)					
Boys must wear PE gear to participate					

CHESS

One of the great games continues its long-standing popularity as part of the King's Extra-curricular Academies.

The chess programme takes place every Wednesday for first-time novice players, Thursday for advanced players, and Friday for intermediate players. Chess is for year 3 to year 8

We continue to be extremely fortunate to have the services of our chess tutors, headed by Mr Ewen Green. The boys are shown different scenarios as a group at the beginning of the lesson and then the boys play games for the rest of the lesson, putting into practice what they have learnt.

Chess is a fantastic game to get the mind working and is a game that you can play at any age with lifelong enjoyment. There may be opportunities for students in the chess programme to compete in an inter-school tournament.

Chess		Location – King's School Science Room – The Lighthouse Building Meeting Point - King's School Science Room - The Lighthouse Building			
Time	Day	Ability	Start	End	Cost
12.45-1.20pm	Wednesday	Chess Beginner	Week 1 11/10/23	Week 8 29/11/23	\$152.00
12.45-1.20pm	Thursday	Chess Advanced	Week 1 12/10/23	Week 8 30/11/23	\$152.00
12.45-1.20pm	Friday	Chess Intermediate	Week 1 13/10/23	Week 8 01/12/23	\$152.00

Sessions = 8 sessions

Chess is a popular activity and whilst we would like to cater for all children wishing to be involved, we have to limit numbers to fit the venue. Children who choose this programme should be prepared to attend every session. Failure to do so will see their space given to others on the waiting list.

FOOTBALL

The beautiful game of football brought to you by Cobi Allen and coaches from Elite Sports. An innovative approach to football that puts emphasis on fun, ball mastery, and learning about the various aspects of the game. A key component in this class is to not only become a better footballer but also encourage good character and sportsmanship.

Cobi Allen & Elite Sports		Location – Sportsdome Meeting Point – Sportsdome			
Time	Day	Years	Start	End	Cost
12.45 – 1.20pm	Tuesday (Cobi Allen)	Years 3 - 4	Week 1 10/10/23	Week 8 28/11/23	\$152.00
2.50 – 3.30pm	Wednesday (Cobi Allen)	Years 1 - 2	Week 1 11/10/23	Week 8 29/11/23	\$152.00
12.45 - 1.20pm	Friday (Cobi Allen)	Years 5 - 8	Week 1 13/10/23	Week 8 01/12/23	\$152.00
2.50 – 3.30pm	Friday (Elite Sports)	Years 1 - 2	Week 1 13/10/23	Week 8 01/12/23	\$152.00
Students must wear trainers to participate as it is an indoor programme.					
Sessions = 8 sessions					

King's Flippa Ball & Mini Polo

Flippa ball (Year 3 & 4) is an extra-curricular sport here at King's. This is a great entry level sport which leads into water polo. The boys get to learn the sport and compete regularly in an outside league competition. Flippa ball will have their training and game on Sunday. They will not have the option for additional training during the week.

The training and game will take place on Sunday afternoons ranging from 12.30 pm to 3.30pm. The organisers allow an hour slot per team which includes a half an hour training session and a 20 minute game.

Mini Polo (Year 5 & 6) is an extra-curricular sport here at King's. The boys get to learn the sport and compete regularly in an outside league competition. We hope to have three teams so we can cater for a range of skill and experience.

The training and game will take place on Sunday afternoons ranging from 12.30 pm to 3.30pm. The organisers allow an hour slot per team which includes a half an hour training session and a 20 minute game.

King's Flippa Ball & Mini polo		Location – St Cuthbert's College on Sundays Meeting Point – St Cuthbert's College on Sundays			
Time	Day	Ability	Start	End	Cost
12.30 – 3.30pm	Sunday	Years 3 - 4	Week 1 08/10/23	Week 8 26/11/23	\$152.00
12.30 – 3.30pm	Sunday	Years 5 - 6	Week 1 08/10/23	Week 8 26/11/23	\$152.00
Sessions = 8 sessions					
Students must wear King's Swim attire					

HOCKEY

Hockey is under the direction of local premier club Somerville.

Sessions will target individual technical skills working from the club's specific syllabus before breaking into small game situations where players are taught "where and when" to be during match play.

The programme offers a base for developing players through to the upskilling of rising stars with representative aspirations. Participants also become eligible for the clubs "Hooked on Hockey" holiday programme reserved for club members.



Hockey

Location – Astro Turf
Meeting Point – Astro Turf
Wet Weather – Sportsdome

Time	Day	Years	Start	End	Cost
3.15 - 4.00pm	Tuesday	Years 3 - 4	Week 1 10/10/23	Week 8 28/11/23	\$152.00
12.45 -1.20pm	Thursday	Years 5 - 8	Week 1 12/10/23	Week 8 30/11/23	\$152.00

Sessions = 8 sessions

All participants will need to have PE gear, sports shoes, shin pads, a mouth guard and a suitable hockey stick. For safety reasons, children will not be able to participate if they do not have a mouth guard and shin pads to wear each session.

Sticks are not provided for the session so it is essential that your child has his own in order to participate in the class.

KARATE

Our aim is to provide quality instruction with a strong emphasis on personal development, self-defence, and health and fitness. The King's karate programme will be teaching a traditional style of karate called Goju Ryu (or hard and soft style). Goju Ryu has an equal emphasis on hard and soft techniques, and is ideally suited for younger students. A traditional style, it is firstly a complete exercise programme and secondly, includes the practical benefits of self-defence.

Training

Initially students learn in a strictly non-contact environment progressing according to their own abilities. Emphasis is placed on defence rather than attack. As a student advances technically they learn increasingly intricate techniques and are gradually exposed to controlled contact applications of karate techniques.

Students will occasionally be taught self-defence. Techniques that do not involve punching or kicking, but rather simple yet effective restraining holds. Progress made by the boys so far has been outstanding with many of the students becoming yellow belts and beyond.

Karate		Location – Arthur Lennan Pavilion (adjacent to the Astro turf) Meeting Point - Arthur Lennan Pavilion (adjacent to the Astro turf)			
Time	Day	Years	Start	End	Cost
3.15 - 4.00pm	Monday	Years 1 - 4	Week 1 09/10/23	Week 8 27/11/23	\$133.00
3.15 - 4.00pm	Tuesday	Years 1 - 4	Week 1 10/10/23	Week 8 28/11/23	\$152.00
4.00 – 4.45pm	Tuesday	Years 5 - 8	Week 1 10/10/23	Week 8 28/11/23	\$152.00
4.00 – 4.45pm	Wednesday	Years 5 - 8	Week 1 11/10/23	Week 8 29/11/23	\$152.00

Sessions conclude with a grading and issuing of certificates

Sessions = 8 Sessions (Monday = 7)

Classes are limited to 20 Students. Students must wear PE or karate gear to participate.

TENNIS

The King's Extra-curricular Academies Tennis programme is conducted by Geoff Beech Tennis. Coaching squads will cover basic technique to advanced stroke production and include footwork, drills, match play (singles and doubles) and decision making tactics.

Sessions are streamed into year groups, however boys may move up or down based on the coach's recommendation. Please select the correct year group when making your booking.



Location – Tennis Courts
Meeting Point - Tennis Courts
Wet Weather – Table tennis in Sportsdome

Time	Day	Ability	Start	End	Cost
12.45 – 1.20pm	Monday	Years 2 - 3 (Beginner)	Week 1 09/10/23	Week 8 27/11/23	\$133.00
12.45 – 1.20pm	Tuesday	Years 4 - 6 (Beginner)	Week 1 10/10/23	Week 8 28/11/23	\$152.00
12.45 – 1.20pm	Wednesday	Years 4 - 6 (Intermediate)	Week 1 11/10/23	Week 8 29/11/23	\$152.00
12.45 – 1.20pm	Thursday	Years 3 - 6 (Beginner)	Week 1 12/10/23	Week 8 30/11/23	\$152.00
12.45 – 1.20pm	Friday	Years 6 - 8 (Advanced)	Week 1 13/10/23	Week 8 01/12/23	\$152.00

Sessions = 8 sessions (Monday = 7)

Students must wear PE gear to participate

Students must have their own racket to participate or they can borrow one from School.