



## Why there should be more afterschool clubs

Hi, my name is Meera and I'm Liyah. We're here to talk to you about the importance of keeping active and taking part in sports. Taking part in afterschool clubs is important as it is good for your physical and mental health. It can also help children boost their confidence.

We have interviewed two PE teachers, Miss Young and Miss Ratcliffe.

### 1. Why is it important for pupils to participate in sporting activities? (Mrs Ratcliffe)

"Participating in sporting activities is essential for pupils as it promotes physical health, improving fitness, coordination, and reducing the risk of lifestyle diseases. It also supports mental well-being by boosting confidence, reducing stress, and enhancing focus. Socially, sports encourage teamwork, respect, and friendships, fostering a sense of belonging. Additionally, participation in sports develops key life skills such as resilience, discipline, and time management, which can enhance academic performance and personal growth. Overall, sports play a crucial role in shaping well-rounded, healthy, and confident individuals."

### 2. What afterschool clubs does Saint John Wall provide for the pupils? (Miss Young)

"At Saint John Wall, we offer a diverse range of extracurricular clubs to help students develop skills beyond the school curriculum. From creative activities like Craft Club, Art Club, and Aladdin rehearsals to athletic opportunities such as Lunchtime Multi-Sports, KS3 Football, Basketball, Dance, and Sport 4 Life, there is something for everyone. For those interested in STEM, we provide Engineering Club, Bouncing Statistics, and Code Club, while Sprax Club and Library Club offer literary and academic enrichment. These clubs not only enhance learning but also encourage teamwork, creativity, and personal growth."

### 3. What are the benefits in taking part in after school clubs? (Mrs Ratcliffe)

"Taking part in after-school clubs benefits pupils by enhancing academic performance, improving time management, and reinforcing learning through practical activities. Socially, it helps build friendships, teamwork, and a sense of belonging while boosting confidence and communication skills. Clubs also support personal development by encouraging new skills, leadership, and responsibility. They promote physical and mental well-being by reducing stress, increasing resilience, and encouraging an active lifestyle. Additionally, involvement in extracurricular activities enhances future opportunities, making pupils more well-rounded and prepared for further education and employment."

#### **4. Are you planning on adding more afterschool clubs, if so which ones? (Miss Young)**

“We are always looking for ways to expand our extracurricular offerings to provide students with even more opportunities to develop their skills and interests. In the near future, we are exploring the possibility of introducing new after-school clubs, including a Drama Club to nurture performance talents, a Chess Club to enhance strategic thinking, and a Science Club for hands-on experiments and discovery. We also aim to expand our sports provision with additional activities such as Badminton and Table Tennis. Student feedback is highly valued, so we welcome suggestions on clubs they would love to see at Saint John Wall!”

#### **5. What Sports Tournaments do you offer for the pupils? (Mrs Ratcliffe)**

“At SJW we offer several clubs as part of the extra-curricular program including badminton, cricket, football and basketball. We are also part of the Aston League for football and the School Games program which enable us the opportunity to part take in competitions, festivals and tournaments against other schools in a number of sports to broaden our experience of competition.”