

## East Sheen Primary School – Extra Curricular Activities

NSSport run a daily breakfast club from 7.45am & after school club until 6pm, for more information please go to [www.nssport1.co.uk](http://www.nssport1.co.uk)

| Day            | Time        | Club                                 | Run by                        | Booking Link   | Year           | Location                  |
|----------------|-------------|--------------------------------------|-------------------------------|--|----------------|---------------------------|
| <b>Monday</b>  |             |                                      |                               |  |                |                           |
| <b>NEW</b>     | 8.00 – 8.45 | Taekwondo                            | New generation Taekwondo Club | <a href="#">Taekwondo bookings</a><br><a href="#">east-sheen-tkd-flyer.pdf</a>   | Yr 2-6         | Hall                      |
|                | 8.00-8.45   | Rugby                                | Rosslyn Park                  | <a href="https://buytickets.at/rosslynparkcommunity/2276772">https://buytickets.at/rosslynparkcommunity/2276772</a>  | Yr 4,5 & 6     | Astro                     |
|                | 3.20-4.30   | Football                             | NSSport                       | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Yr 1&2         | 1D then Astro & Sheen     |
| Start tbc      | 3.20-4.30   | Multisports                          | NSSport                       | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Reception      | Putney                    |
|                | 3.20-4.30   | Yoga                                 | NSSport                       | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Yr2-6          | Hall/Music lodge          |
|                | 3.20-4.20   | Numikids                             | Mrs Major & Mrs Hankin        | <b>hands on, minds on! – A multi-sensory approach to maths</b><br><a href="mailto:info@numikids.co.uk">info@numikids.co.uk</a>   | Yr 1-4         | 1B                        |
|                | 3.20-4.30   | Cooking                              | The Cooking Club 101          | <a href="#">Cooking club bookings</a><br><a href="mailto:litkitchen101@gmail.com">litkitchen101@gmail.com</a>  | Yrs 3-6        | Teaching kitchen          |
|                | 3.20-4.20   | Music tech                           | Mtech                         | <a href="#">MTech East Sheen Winter 26 Flyer.pdf</a><br><a href="http://www.mtechonline.co.uk">www.mtechonline.co.uk</a>   | KS2            | 6C                        |
|                | 3.20-4.20   | Turkish Club                         | Turkish Embassy               | <a href="mailto:info@eastsheen.richmond.sch.uk">info@eastsheen.richmond.sch.uk</a><br><i>FAO Mrs Webster</i>   | KS1 & 2        | Yr1 intervention & 1L     |
|                | 3.20-4.20   | Debating Club                        | Little Voices                 | <a href="https://bit.ly/eastsheenprimarydebateenrolform">https://bit.ly/eastsheenprimarydebateenrolform</a><br><a href="#">Debate Club at East Sheen Primary School - Autumn Flyer.pdf</a><br><a href="mailto:swl@littlevoices.org.uk">swl@littlevoices.org.uk</a> | Yr 3, 4, 5 & 6 | 3S & 2S                   |
| <b>New</b>     | 3.20-4.30   | Storytelling & Creative Writing Club | BA Academy                    | <a href="#">East Sheen - Storytelling.pdf</a><br><a href="mailto:enquiries@ba-academy.co.uk">enquiries@ba-academy.co.uk</a>  | Yr 1-4         | 4H                        |
| <b>Tuesday</b> |             |                                      |                               |  |                |                           |
|                | 8.00-8.45   | Karate                               | Crouching Tiger               | <a href="#">Information flyer</a><br><a href="mailto:ben@crouchingtigerkarate.co.uk">ben@crouchingtigerkarate.co.uk</a><br><a href="http://www.crouchingtigerkarate.co.uk">www.crouchingtigerkarate.co.uk</a>  | KS2            | Hall                      |
|                | 7.50-8.40   | Tennis                               | Teqnic Tennis                 | <a href="#">Tennis Autumn 2026</a><br><a href="mailto:info@teqnic.co.uk">info@teqnic.co.uk</a>   | Yrs 1-5        | Sheen & Putney playground |
|                | 8.00-8.45   | Cricket                              | Roslyn Park                   | <a href="https://buytickets.at/rosslynparkcommunity/2276788">https://buytickets.at/rosslynparkcommunity/2276788</a>  | KS2            | Astro                     |
|                | 8.00-8.45   | School Choir                         | Miss Sanders                  | <b>Information will be sent in September</b>   | KS2            | Music lodge               |
|                | 3.20-4.30   | Art                                  | Artful                        | <a href="#">ArtfulAutumnTerm 2026.pdf</a><br><a href="mailto:louise@artfulclub.co.uk">louise@artfulclub.co.uk</a>  | Yr1 -Yr6       | 2N                        |
|                | 3.20-4.30   | Boys Football                        | NSSport                       | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Yr 5&6         | 5M then Astro             |

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|                  |           |                      |                        |  |                 |                      |
|------------------|-----------|----------------------|------------------------|--|-----------------|----------------------|
|                  | 3.20-4.30 | Multisports          | NSSport                | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Yr 3-6          | 4D & 4H then Sheen   |
|                  | 3.20      | Year 6 Netball       | School staff           | <a href="mailto:info@eastsheen.richmond.sch.uk">info@eastsheen.richmond.sch.uk</a><br><b>FAO Mrs Strang</b>  | Year 6          | Putney               |
|                  | 3.20-4.30 | Gymnastic movement   | NSSport                | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Yr1 &2          | Hall                 |
|                  | 3.20-4.20 | Homework Club        | Mrs Foley              | <a href="mailto:info@eastsheen.richmond.sch.uk">info@eastsheen.richmond.sch.uk</a><br><b>FAO Mrs Foley</b>   | invitation only | Year 3 intervention  |
|                  | 3.20-4.20 | Coding, Digital & AI | Techno kids            | East Sheen Technokids Autumn 2026<br><a href="http://www.technokids.co.uk/book">www.technokids.co.uk/book</a>  | KS1&2           | 4F                   |
|                  | 3.20-4.30 | Earthlings           | Ali-May Hignell        | <a href="#">Earthlings.pdf</a><br><a href="mailto:alimay79@googlemail.com">alimay79@googlemail.com</a>   | Yr1-6           | Kitchen, outdoor, 4D |
| <b>New</b>       | 3.20-4.30 | Zumba                | Tina B                 | <a href="#">Zumba flyer.jpeg</a><br><a href="#">Zumba bookings</a><br><a href="mailto:kristinabadrak@gmail.com">kristinabadrak@gmail.com</a>   |                 | Music Lodge          |
| <b>Wednesday</b> |           |                      |                        |  |                 |                      |
|                  | 8.00-8.45 | Fencing              | GB Fencing             | <a href="#">Fence Club booking link</a><br><a href="#">Fencing website</a><br><a href="http://www.fenceclub43.com">www.fenceclub43.com</a>   | Year 1-6        | Hall                 |
| <b>NEW</b>       | 8.00-8.45 | Orchestra            | Music Bandz            | <a href="#">Booking Link</a><br><a href="#">Flyer- what we're playing next term</a><br><a href="http://www.musicbandz.co.uk">www.musicbandz.co.uk</a>  | Yr 2-6          | Music Lodge          |
|                  | 3.20-4.25 | Drama                | Little Tanks           | <b>Little Tanks Booking</b><br><a href="#">Little Tanks Flyer.pdf</a><br><a href="mailto:debi@littletanks.co.uk">debi@littletanks.co.uk</a>  | KS1&2           | Hall                 |
|                  | 3.20-4.20 | Numikids             | Mrs Major & Mrs Hankin | <b>hands on, minds on! – A multi-sensory approach to maths</b><br><a href="mailto:info@numikids.co.uk">info@numikids.co.uk</a>   | Yr 1-4          | 1B                   |
|                  | 3.20-4.00 | Survival School      | Dean Wilkin            | <a href="#">ESPS Survival School Autumn Term 2026 4-compressed.pdf</a><br><a href="http://www.nssport.co.uk">www.nssport.co.uk</a>   | Yr 1-6          | Trim trail           |
|                  | 3.20-4.20 | Music tech           | Mtech                  | <a href="#">MTech East Sheen Winter 26 Flyer.pdf</a><br><a href="http://www.mtechonline.co.uk">www.mtechonline.co.uk</a>   | KS2             | 6B                   |
|                  | 3.20-4.30 | Basketball           | NSSport                | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Year 4,5,6      | 5C then Putney       |
|                  | 3.20-4.30 | Basketball           | NSSport                | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Year 1,2,3      | 2SB then Sheen       |
|                  | 3.15-4.30 | Girls Football       | NSSport                | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>   | Year 5 & 6      | 6C then Astro        |
|                  | 3.20-4.30 | Cine Schools         | Cine Schools           | <a href="#">Film Academy 2026/27 Promotional Film</a><br><a href="https://www.cineschools.com/product-page/film-academy-autumn-term-2026">https://www.cineschools.com/product-page/film-academy-autumn-term-2026</a> | Yr 4,5 & 6      | 6T                   |

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|                 |                              |                      |                         |   |               |                         |
|-----------------|------------------------------|----------------------|-------------------------|---|---------------|-------------------------|
|                 | 3.20-4.30                    | Crafty Club          | Crafty Kids             | <a href="https://forms.gle/uiKXvgrUnYjog3Na7">Crafty Kids<br/>https://forms.gle/uiKXvgrUnYjog3Na7</a><br><a href="mailto:craftykidsklub@gmail.com">craftykidsklub@gmail.com</a>                               | Yr 1-6        | 2S                      |
|                 | 2.45-3.15<br>or<br>3.25-3.55 | Rock Bandz           | Tesia Harrison          | <a href="#">Booking Link</a><br><br><a href="#">Watch ESP Rock Bandz in Action</a><br><br><a href="http://www.rockbandz.co.uk">www.rockbandz.co.uk</a>  | Yr 2-6        | Music Lodge             |
|                 | 3.20-4.30                    | Earthlings           | Ali-May Hignell         | <a href="#">Earthlings.pdf</a><br><a href="mailto:alimay79@googlemail.com">alimay79@googlemail.com</a>  | Yr1-6         | Kitchen, outdoor, 4D    |
| <b>Thursday</b> |                              |                      |                         |   |               |                         |
|                 | 8.00-8.45                    | Karate               | Crouching Tiger         | <a href="#">Information flyer</a><br><a href="mailto:ben@crouchingtigerkarate.co.uk">ben@crouchingtigerkarate.co.uk</a><br><a href="http://www.crouchingtigerkarate.co.uk">www.crouchingtigerkarate.co.uk</a> | KS1           | Hall                    |
|                 | 8.00-8.45                    | Lego robotics        | Technokids              | <a href="#">East Sheen Lego Robotics Autumn 2026</a><br><a href="http://www.technokids.co.uk/book">www.technokids.co.uk/book</a>  | KS1 & 2       | Hall                    |
|                 | 3.20-4.20                    | French               | Speak like a Native     | <a href="#">French club flyer.pdf</a><br><a href="#">French club bookings help@speaklikeanative.com</a>   | KS1           | 1D                      |
|                 | 3.20-4.30                    | Football             | NSSport                 | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>  | Yrs 3&4       | Hall then Astro & Sheen |
|                 | 3.20-4.30                    | Dodgeball            | NSSport                 | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>  | KS2           | Hall                    |
|                 | 3.20-4.30                    | Cooking              | The Cooking Club 101    | <a href="#">Cooking Club</a><br><a href="mailto:litkitchen101@gmail.com">litkitchen101@gmail.com</a>  | Yrs 3-6       | Teaching kitchen        |
|                 | 3.20-4.30                    | Science              | Little House of Science | <a href="#">East Sheen Primary School LHS Poster Autumn 2026 .jpg</a>   | KS1           | 2SB                     |
|                 | 3.20-4.20                    | Coding, Digital & AI | Techno kids             | <a href="#">East Sheen Technokids Autumn 2026</a><br><a href="http://www.technokids.co.uk/book">www.technokids.co.uk/book</a>   | KS1 & KS2     | 3K                      |
|                 | 3.20                         | KS2 Netball Club     | Rosslyn Park            | <a href="https://buytickets.at/rosslynparkcommunity/2276777">https://buytickets.at/rosslynparkcommunity/2276777</a>   | Year 3, 4 & 5 | Putney                  |
|                 | 3.20-4.20                    | Music tech           | Mtech                   | <a href="#">MTech East Sheen Winter 26 Flyer.pdf</a><br><a href="http://www.mtechonline.co.uk">www.mtechonline.co.uk</a>  | KS2           | 3G                      |
| <b>New</b>      | 3.20-4.30                    | Zumba                | Kristina B              | <a href="#">Zumba flyer.jpeg</a><br><a href="#">Zumba bookings</a><br><a href="mailto:kristinabadrak@gmail.com">kristinabadrak@gmail.com</a>  |               | Muisc Lodge             |
| <b>Friday</b>   |                              |                      |                         |   |               |                         |
|                 | 8.00-8.45                    | Karate               | Crouching Tiger         | <a href="#">Information flyer</a><br><a href="mailto:ben@crouchingtigerkarate.co.uk">ben@crouchingtigerkarate.co.uk</a><br><a href="http://www.crouchingtigerkarate.co.uk">www.crouchingtigerkarate.co.uk</a> | KS2           | Hall                    |
|                 | 12.30                        | Chess                | CSCC                    | <a href="mailto:info@eastsheen.richmond.sch.uk">info@eastsheen.richmond.sch.uk</a><br><a href="#">k FAO Mrs Webster</a>   | KS2           | 4D                      |
|                 | 3.15-4.30                    | Gymnastic movement   | NSSport                 | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a>  | Year 3-6      | Hall                    |

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|  |           |             |         |  |            |                |
|--|-----------|-------------|---------|--|------------|----------------|
|  | 3.15-4.30 | NFL Flag    | NSSport | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a> | Year 5 & 6 | 6C then Astro  |
|  | 3.15-4.30 | Multisports | NSSport | <a href="http://www.nssport1.co.uk">www.nssport1.co.uk</a> | Yr1&2      | 1L then Putney |

### Sadly we have lost our Monday morning ballet class but will be offering

#### **Petite Performers Barnes**

Ballet class - Pick up service for ESPS student's only Reception & Year 1 students

Date: Monday afternoons from 5th October 2026 Time: End of school - 5.15pm

Venue: Brookside community centre Priory Ln, London SW15 5RU

Please email Emily for more information: [barnes@thepetiteperformers.com](mailto:barnes@thepetiteperformers.com)

### Music lessons

Music Lessons are offered by Richmond Music Trust and take place during the school day

**Monday – Guitar & Keyboard**

**Tuesday – Drums & Violin**

**Wednesday - Keyboard**

**Thursday – Singing & Brass**

To book please visit <https://www.richmondmusictrust.org.uk/site/tuition/learn-with-us/apply-now/>

### Swimming – SwimWay

We are delighted to announce that SwimWay is offering an exclusive 10% discount on upcoming swimming crash courses.

To book, please use the code: SUMMERSHEEN10

👉 <https://www.swimway.co.uk/book-online/>

If you are looking for term-time swimming lessons (Autumn Term), you can view all remaining availability, including group lessons, on our website:

[www.swimway.co.uk](http://www.swimway.co.uk)

To book or for more information, please visit our website, email [info@swimway.co.uk](mailto:info@swimway.co.uk), or call our office on 020 8871 3972.