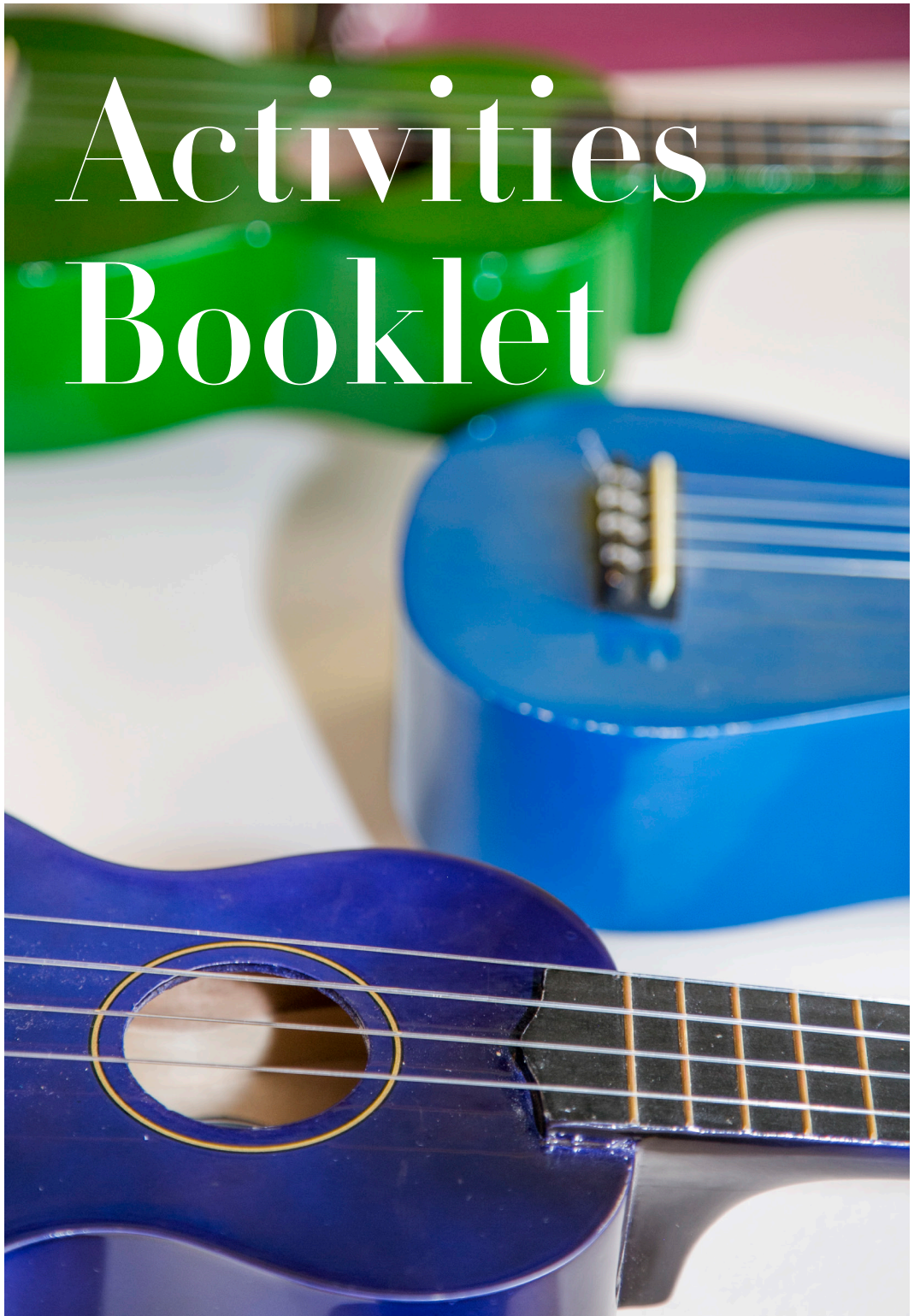


# Activities Booklet





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# Introduction

## At Bede's, we educate the whole person.

**At Bede's, we believe in developing every aspect of a young person. For this reason, our Co-Curricular programme is unlike any other.**

Activities and clubs at Bede's Prep School run throughout the school day, with children from Year 3 all the way through to Year 8 being inspired, empowered and motivated to succeed. The programme is varied each term and is shaped, in part, by suggestions made by the pupils. Children make independent choices and decisions about their participation, become involved in the organisation, management and leadership of activities and take part in activities for myriad reasons - recreational, competitive and educational.

We have carefully crafted out Co-Curricular provision to develop soft skills such as cooperation, negotiation and empathy in our pupils - skills which are valuable in every aspect of life, from home to the workplace. Furthermore our specialist staff help Bede's pupils to develop extraordinary expertise in a range of specific activities.

Whether that means playing sports at an international level, dancing on the London stage or training as actors or theatre

technicians, during their Co-Curricular hours at Bede's we want pupils to see the whole world as a classroom.

**Peter Meier**  
*Co-Curricular Coordinator*  
[peter.meier@bedes.org](mailto:peter.meier@bedes.org)





## *Art Attack*

**Art Attack is open to all pupils from 3 to 8 and takes place once a week.**

Each week pupils take part in a new activity. So far pupils have constructed key rings with scoubidou bands, created decoupage animals and crafted lanterns for Chinese New Year. Pupils can experiment with and learn different skills throughout these sessions. They are given opportunities to work on their own projects and form new friendships whilst having fun!



## *Art for Fun*

**Art club takes place three times a week and is open to all pupils from Years 3 to 8.**



It is a place to reflect, work on personal projects or group work, develop an art portfolio or develop and refine existing skills.

Pupils can experiment with different techniques and are encouraged to take risks and have fun in a supportive environment.

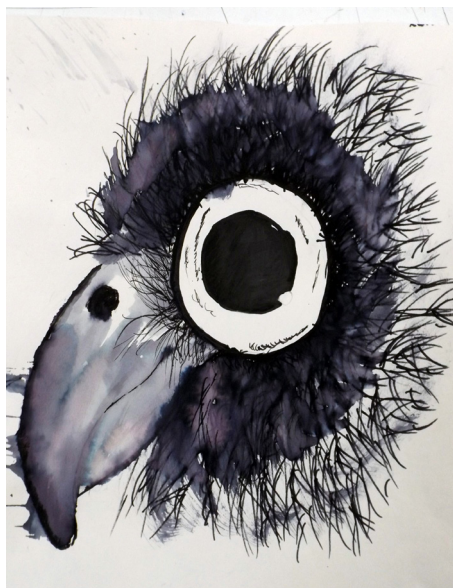
Pupils learn a variety of skills including photography, print making, illustration, fine art, graphic design, research, sewing, prop making and traditional observational drawing.

## *Art Masterclass*

**Art Masterclass takes place once a week and is open to pupils from Year 5 and above.**

This is where pupils can develop their own art portfolio for an Art Scholarship to a senior school or simply develop a passion to build and create.

Pupils are supported to explore their own passions and collect images to work from. Photography is encouraged with pupils building up their own imagery to work from. Observational drawing is encouraged from first hand reference.



## *Ceramics*

**Ceramics is available to all pupils at the Prep School.**

Here pupils can learn how to coil, slab and make a functional or sculptural object in clay. Throughout the term pupils will learn about different textures and surfaces and painting as well as smoke firing and glazing techniques.



## *Crafts and Decoupage*

**This is an opportunity for children to spend time on individual projects of their choice.**

This has included candle making, decorating small boxes using decoupage and designing and making their own pieces of jewellery. It is lovely to see the pupils spending time together, playing music of their choice and chatting, whilst they embark on their own creative ideas.

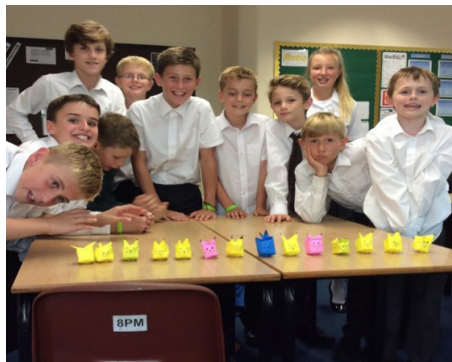




## Origami

**Founded in September 2016, Origami started at Bede's Prep after the children took part in the UK Mathematics Trust National Final.**

After pupils investigated Haga's Theorem of Folding, Mr Fasciolo-Barnes fell in love with origami as did some of our pupils!



Origami is a Japanese term from 'ori' meaning folding and 'kami' meaning paper. Activity times have seen members of the club investigating different types of folds, bases and general shapes.

Since the club started, the children have been engaging with increasingly complicated origami design work, starting small but becoming ever-more ambitious!



## Sewing and Needlecraft

**In sewing club, pupils learn how to hand sew using different stitches to produce a variety of beautiful handmade items.**

Some choose to master the fiddly task of sewing in a zip, others have enjoyed trying their hand at embroidery and cross stitch. Children tend to work on one project over the course of a few weeks and realise that a great deal of patience, care and time goes towards producing each item.



The children are also very welcome to work on their own projects with guidance and helpful hints. In the past pupils have created their own zip pencil cases, cushions, stuffed animals and carefully embroidered decorations. Sewing club is a lovely calm and focussed activity that produces some gorgeous results, which the children often keep or give as gifts.

# Educational Enrichment



## *Bede's Broadsheet*

**Bede's Broadsheet is a school newspaper written by the children, for the children!**



Every week a team of budding young journalists gather in our Bede's Broadsheet News Room and get reporting under the watchful eye of Miss McDonell.

Each issue is jam packed with fantastic stories and articles, there is something for every reader. Everything from breaking news stories, current trends, weather forecasts, riddles, interviews and barmy facts to a good old fashioned crossword.

The children are always brimming with brilliant ideas each week, with many of them writing articles in their own time to enhance the paper.

This activity helps develop skills such as working to a deadline and sharpening their literacy skills.

## *Build Your Own Video Games*

**The Bloxels Build Your Own Video Game activity is a chance for pupils to make and play their own video games.**

The advantage of the bloxels system is that you don't need to understand fancy code and own super extensive computer programs.

Pupils use the game boards and coloured blocks to create levels, characters and other in game art 'assets'. They then use the app to capture this, then add animations before playing a completed game. A very popular activity!



## *Comic Creations*



**Comic Creations is open to all years and sees pupils making their own comic books featuring their own superheroes.**

Pupils will spend time researching superheroes, before creating their own costume, a set of super powers, a superhero name and logo, a secret identity and a back story.

Once they have designed their superheroes, we will start to create some story line ideas before using a story board to map our stories. The aim is to have fun whilst creating an original, action-packed superhero comic!

## *Debating*

**If you enjoy communicating, discussing and challenging views, then this might be the club for you!**

Our debating club gives pupils of all abilities a fun way of developing their speaking and listening skills.

We use a wide range of activities to develop critical thinking and confident communication. The activity also encourages and deepens thinking skills, covering current affairs and topics that interest the debaters.

## *Digital Photography For Beginners*

**Digital Photography for Beginners gives pupils the opportunity to experiment with and explore a digital camera.**

Alongside learning the basic skills of taking a photograph, pupils will learn about light, focus and composition. They will also learn about the importance of lighting for portraits, still life and the outside environment. As they progress, they will learn about sequence, joiners, shutter speed and depth of field.



## *Essay Writing Skills*

**This club is open to Year 8 and is held once a week.**

Writing essays, narrative or balanced, is a skill you need to master, but it can be tricky! We break down essays into their basic parts and we learn to write them about subjects we are interested in, for example, 'Should we get rid of school uniform?' or 'Is it ok to have a death penalty?' Once we have mastered the basics, the trickier humanities and English essays begin to make sense. The tea and biscuits are an added bonus, so if you think your essay skills need sharpening, then come and join us!

## *Geography Globe Trotters*

**Geography Globetrotters is for any children in Years 4 to 8 who love maps, flags, countries, capital city quizzes and exploring the world.**

Children can boost their location knowledge through a wide variety of fun activities such as card games, board games, location quizzes, iPad apps, Google Earth and GeoGuessr. Researching and planning exotic holidays and expeditions has been popular too!

## *Learn First Aid*

**This course teaches Bede's Prep School pupils invaluable everyday first aid skills.**

During the course the children learn all the basics of First Aid, including how to deal with minor bleeding and burns, dressing wounds, treatment of a choking casualty, treatment of fainting, bites and stings and strains and sprains.

At the end of the course, pupils have to pass a First Aid test before they are awarded their special First Aid badges.

## *Learn to Snorkel and Lifeguard*

**This activity is about learning new swimming skills and having fun in the pool and each week we alternate between snorkelling and lifeguarding.**

Learning how to snorkel safely increases confidence whilst teaching the swimmers how to use the face mask and snorkel without lifting their head to breathe. Hopefully this will give pupils a skill they can use on holiday to explore underwater, watching fishes in their natural habitat and admiring coral.

Lifeguarding teaches pupils how to use all the poolside equipment safely and help swimmers who get into difficulty. Personal survival skills are also taught along with emergency procedures within the pool environment.

## *Maths Enrichment*

**This activity runs once a week for pupils who want to see a different side of mathematics!**

They have the opportunity to sink their teeth into some particularly challenging questions and concepts. The activity is run through the use of resources from the Mathematical Association, the YouTube channel Numberphile and the website and app, Brilliant. When there are Maths Challenges approaching such as UKMT Junior Challenge or Primary Maths Challenge, pupils join the activity to assist their preparation for these challenges.





## *Mini Film Production*

**This activity teaches the children how to compose a mini film.**

Pupils put together all the elements including script writing, stage direction and lighting as well as scouting for suitable locations. They then film their footage and start to edit it using a video editing software and will turn it into the next big blockbuster.

## *Preparation for Adult Life (PAL)*



**Preparation for Adult Life is a new activity which provides the opportunity for children to learn some of the basic life skills they might need as they approach adulthood.**

Things that are covered include; household chores such as cooking, bed making, ironing and sewing, as well as useful tools like budgeting, letter writing and ideas for earning money. This is a fun activity that starts with biscuits and tea making and the exact content will be guided by the children who take part and the things they would like to learn.

## *Science for Fun*

**The Science department is offering pupils in Years 3 to 5 the opportunity to take part in the British Science Association Crest Star awards.**

This involves completing two science for fun activities to gain an award certificate. The scheme, which is coordinated by the British Science Association, allows children the opportunity to explore science topics by doing their own practical experiments. These have included things such as making spinners, designing boats, growing crystals and constructing model wells.



## *Touch Typing*

**We offer this activity as a course, for children who are keen to advance their typing skills.**

It aids not only their literacy skills, but also their use of modern technology. Recording work on a computer can help pupils work fluently as well as organise it effectively.

Touch Type Read Spell gives a kinaesthetic approach by engaging the senses of sight,



sound and touch. It has been developed in line with language and education research and is routinely supported by new studies. TTRS is highly structured and has 24 levels, each with 31 modules. Every fifth module is a dictation module, which relies on the auditory element to reinforce learning.

Positive feedback is frequently given and progress measured at the end of each module. The course can be accessed worldwide, you just need an internet connection, a laptop or a computer!

## *Times Table Rockstars*

**The Prep School has sent children and staff scrambling for iPads and computers during every free moment to play TT Rockstars.**

We have now introduced a weekly activity for Years 3 to 8 where they can play TT Rockstars. Times Table RockStars is a carefully sequenced programme of daily times tables practice, with each week focusing on a different times table. Year groups have been taking on each other to

see who has mastered their multiplication and division skills to the greatest degree. The game increases the memory and recall of multiplication and division facts. Mr Fasciolo-Barnes' aim is for every child to be able to recall their times table within three seconds as this will have a positive effect when they are learning more challenging concepts and problems.

This is certainly an example of the positive use of screen time (with the obvious caveat that pupils are not spending excessive time in front of the screen!)





# Games and Hobbies

## *Airfix Modelling*

**Airfix modelling is a popular activity choice, with children constructing an array of models.**

Having watched the children painstakingly assemble their models, it is abundantly clear that the process is about so much more than simply sticking one piece of plastic to another. Patience is paramount, as is the ability to decode the schematic instructions!

This activity is great for those who want to quietly think and problem solve, to find their inner artist when decorating and to watch the model progress is a hugely fulfilling one, which brings a great deal of pride to all of the children.

## *Animators Club*

**Using the excellent Stop Motion iPad app, children get creative with all sorts of media to make their own animations and cartoons.**

Play dough, plasticine, paper, modelling sticks, Lego figures, action figures and pipe cleaners are all available to use to create short movies which can be displayed on the 'big screen' (the interactive whiteboard) to see and review.

This activity clearly provides an innovative outlet for children's creativity and imagination,

but it also supports important skills and qualities such as patience, framing a photograph, editing and a steady hand.

## *Balsa Wood Builders*

**Fancy making a glider or a treasure box?**



Then Balsa Wood Builders is the club for you! This activity will teach you the importance of having a design plan, how to measure and safely cut the balsa wood with craft knives and how to assemble the parts with balsa cement without getting your fingers stuck together! Six weeks is just long enough to make a glider, which at the end of half term can be tested to see how it flies down the corridor.



## *Beach Walks*

**During Spring and Summer when the days are longer, it is the perfect opportunity to utilise the close location the school has to the beach.**

During this activity we make our way down to the beach and stroll along the seaside as we enjoy being outside.



If we are lucky, the tide may be out and we can have a look as to what lives in the rock pools below the water.

## *Bingo*

**With lots of prizes on offer and two nerve-wracking games per session, Bingo has become a very popular choice of activity.** Each child has the opportunity to take on the role of 'caller' over the course of a term and pupils enjoy the tense and exciting atmosphere as the game nears its end.

## *Board Games*

**Board games are one of the best ways to test your problem solving skills whilst also socialising.**

The club is more popular than ever and sees pupils playing iconic and classic games like Monopoly, Scrabble and Ticket To Ride. There's no question that board games are an excellent way to spend time, but it's surprising how much they can teach you, whether that be sharpening your Maths skills, teaching you the names of people and places or, most of all, honing your capacity for lateral thinking.



## *Book Talk*

**Book Talk is the place to talk about books!**

It is open to all pupils from Years 3 to 8 and takes place once a week.

Book Talk gives pupils the opportunity to discuss the books they have been reading and share their opinions.





Children can also recommend books to other pupils and find out about new books and authors.

There is also the opportunity to take part in book-related activities such as games, puzzles and quizzes.

If you love books and reading, please come along!



## *Card Games*

**Card game club is aimed at children from Years 6 to 8.**

The main aim of this club is recreational and children play games from classics such as Happy Families, Uno and Old Maid to Monopoly Deal and the more adventurous Exploding Kittens!

The children can choose to play games as a whole group or split into groups to play a variety of games. The card games are designed to take 20 minutes to play, giving children the option to play numerous games in one activity session.



## *Chess Coaching*

**The Bede's Prep chess club welcomes pupils of all abilities.**

We play internal tournaments, solve puzzles and have fun whilst improving concentration, memory and logical thinking.

The chess club is run by Rasa, an experienced chess player and coach. She is a female FIDE chess master and ex Eastbourne and Hastings chess champion.



The club aims to give you a much deeper understanding of this very old and wonderful game. The skills learnt in chess will be applicable in day to day life!

## *Climbing*

The activities programme has recently seen the return of climbing, as result of the appointment of our new climbing instructor, Darren Wakeford.



Climbing a wall teaches children great hand, feet and eye coordination. They must look, plan and then move their hands and feet to the chosen spot.

Climbing is not only great exercise, but also helps children to develop resilience and problem solving skills.

The climbing activity teaches children core skills through fun games such as 'Simon Says' where they have to think quickly and remain off the ground! In the boulder wall challenge, children are required to get to a designated point in the fewest number of moves; it is amazing how flexible some children become!



## *Cookery*

Several members of staff enjoy taking cookery club, all teaching their favourite things.

Mr Entwisle runs cookery classes with a Spanish theme whilst Mr Fasciolo-Barnes' lessons have an Italian twist. Mrs Brown is an expert baker and the children enjoy making cakes with her.

At Bede's we think that cookery is a really important life skill and it is one of the most popular options that pupils choose within the activities programme.



## *Drone Flying*

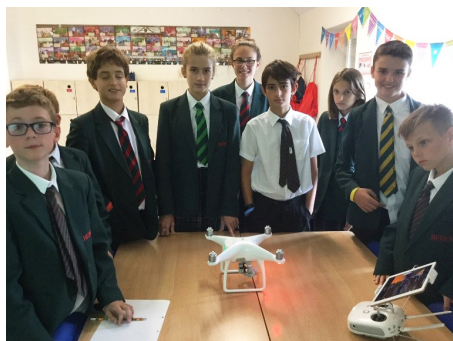
**A professional qualification in flying drones is now on offer on Wednesday afternoons at Bede's Prep.**

Prep bus driver Roy is a professional commercial pilot and is now offering his time and expertise to teach pupils in Years 6, 7 and 8 the basic manoeuvres and safety aspects of flying.

The first sessions start in the classroom, where pupils become familiar with the UK Dronecode which assists drone users to fly safely.

After that, pupils will be given the exciting opportunity to learn how to fly the drone.

Pupils are also supported to gain their Unmanned Aircraft Qualification (UAQ).



This is a professional qualification which is acknowledged by the Civil Aviation Authority and marks the beginning of a series of qualifications which lead to a commercial license.

As well as being able to make safe basic manoeuvres, pupils will also be taught how to video and take photographs using the drone.

## *Gardening Club*

**The Eastbourne Civilian War Memorial Trust has renovated the moat surrounding Eastbourne's Wish Tower into a Peace Garden, providing the setting for a new memorial to the town's bombing victims in WWII.**



Pupils have the opportunity to support this local project, helping to maintain the grounds by

weeding, planting bulbs, deheading flowers and learning about the seasonal maintenance of a garden.

## *Green Screen*

**In movies and on television actors walk through fantastic landscapes and settings which don't exist.**

All of this happens with the help of a green screen. The background can be replaced by anything. In the green screen activity the children experience the magic of finding themselves in the strangest places and use their creativity to record mini films. This term, the children have prepared a quiz for European Languages Day using the green screen technology.

## *Hama Beads*



**If you are looking for a relaxing and therapeutic activity, then Hama beads may be the club for you.**

You can create many large or small pictures, using the beads of your choice or you can use the ready-made boards - of which we have many - ranging from unicorns to dinosaurs. At the end of the activity, these will be ironed and then your creations are ready to take home with you.

Hama beads allows you to be as creative as you wish whilst improving your fine motor skills.



## *Harry Potter Club*

**It's not as magical as Hogwarts itself but it is full of aspiring witches and wizards!**



It is a club where we solely focus on the sequence of Harry Potter, following the lives of the three best friends; Harry, Ron and Hermione and all the troubles they face throughout their time at Hogwarts. Pupils use Pottermore to sort into the four different houses and create house badges. From quizzes and potion making to writing ourselves into the story, how can you not love Harry Potter club?

## *Horse Riding*

**Riding at Bede's Prep School is facilitated through the Glebe Field Riding School at Carrbrook Farm in Chiddingfold.**



As a licensed City and Guilds Training Centre, Glebe Field offers children a huge range of opportunities, including entry-level lessons, hacks across the Sussex Downs or training in Eventing and Gymkhana. Set in 60 acres of beautiful woodland, Glebe Field offers formal Riding and Stable Management qualifications should children be interested in them.

## *Kayaking*

**One of our many exciting activities is kayaking.**



We have an external kayak coach who comes into school to run the sessions in the warmth of our pool.

Specially made pool kayaks are used for the comfort and safety of the children.

The first skill children learn is how to capsize. This is to ensure the children not only have the skills to get out of their kayak safely, but it is also a great confidence booster.

Each week the instructor teaches the children another skill or technique to enable them to control their craft, or how to rescue a capsized kayaker.

Whilst there is a lot to learn, there are also lots of games to play. From Frogs vs Minnows to Battleships, each game played uses the skills gained in the sessions.

All the skills and confidences learnt in these sessions follow British Canoeing guidelines. Once these skills are demonstrated on open



water, the children gain a nationally recognised kayaking certificate of competence.

This hopefully starts their journey into a great sport!

We run two classes, one for Years 3-5 from 2-3pm and one for the Years 6-8 from 3-4pm. Each session can take up to eight children.

## *Kodu*

**If you like to build games, play games and share games, this is the club for you!**

Kodu is a visual programming language developed by Microsoft specifically for creating games for the Xbox console and PC.

It is designed to be accessible and fun for everyone. You can build a game on the PCs and then use an Xbox controller to test it. Anyone can use Kodu to make a game, even those with no programming skills.

## *Lego Builders*

**We provide the Lego, the children provide the imagination!**

Lego Builders is an activity open to children from Years 3 to 6. The children are set a weekly challenge which they are able to work on either in pairs or as a larger group. Lego builders is excellent for developing fine motor skills, encouraging team work and improving creativity. It also develops problem solving and mathematical thinking, improves

communication skills and self-esteem, as well as developing persistence, lateral thinking and planning. It is also lots of fun!

Come along to Lego Builders to see what amazing things you can build.

## *Magic (cards and more!)*

**Our pupils have certainly been enthusiastic about magic.**

Magic is open to pupils in Years 5 and above and each pupil adds their own individual flair to the club.

We can't reveal the exact details of what we have been learning as we are all bound to a code of secrecy, The purpose of the club is simply to have fun. The children can have the pleasure of figuring out tricks for themselves or simply being bedazzled. We aim to amaze and amuse!



## *Mindful Colouring*

**Take a moment out of your day to enjoy mindful colouring.**

With music to unwind and relax, mindful colouring aims to focus the mind on the present and enjoy choosing and applying colours to designs.

Whether you are good at colouring or not, this activity serves to calm you at the end of a busy day at school with a beautiful set of drawings to colour in. You will be sure to find an image that will inspire you!



## *Minecraft (Junior and Senior)*

It may seem strange to run an activity in which the pupils appear to be simply 'playing a video game', but we at Bede's Prep use the customised educational version of the block building game Minecraft which has many features designed especially for classroom use.

Participants in the activity sessions begin by exploring the basic building tools within the game where, unlike their playing experience at home, a coordinated approach to the in-game challenges is the key to success and educational objectives are set which otherwise 'lock' in-game content.

Minecraft is now seeping into the wider curriculum; we have recently used the software to explore ratio in maths, community planning, science and much more besides.



## *Minibridge*

**Minibridge is a simplified version of the game Bridge.**

Children will be introduced to the basics of Mini Bridge and as the session continue, they will learn more about the game and start to develop winning strategies.

Mini Bridge helps children to improve their ability to concentrate and to develop their numeracy and problem solving skills. It is a very social game and helps develop team working skills as children have to co-operate and communicate effectively with a partner in order to succeed in the game.

Mini Bridge is for anyone who wants to learn a challenging and engrossing game.

## *Model Casting and Painting*



**Model Casting is an unusual way for the pupils to get creative.**

Throughout each session, we first mix up the plaster, which is made of Plaster of Paris and water, and then pour it into our moulds. Once it has set and dried, they can paint and decorate them however they like. We have seen rainbow elephants and purple gorillas so far!

## *Paper Flights*

**Do you enjoy designing and making using paper?**

Do you have ideas for the ultimate paper aeroplane? If so, this might be the club for you! We will have fun turning a humble piece of paper into a soaring jet. The activity will start by following tried and tested designs before creating our own innovations and testing them out. Each week will focus on a new task from making the plane that flies the furthest, to the most imaginative plane. Children are welcome to bring their own designs from home for us to try.

## *Rollercoaster Tycoon*

**In this activity, pupils use the Rollercoaster Tycoon computer application to simulate the design and running of their own theme park.**

Pupils start by learning how to add and customise rides, ensuring real world problems like queue management and guest satisfaction are handled accordingly. They learn how such businesses administer their finances, confirming that incoming monies are balanced against outgoing costs, such as park maintenance and staff wages. Pupils go on to learn about managing shops, water rides, animal enclosures and firework displays. They then design their own virtual rollercoasters, taking into account their knowledge of forces, and what the human body can handle to build the ultimate thrill-seeker's trip.

## *Retro Gaming Club*

**In this activity children get to experience where video gaming started, with the chance to learn about historic games from the 1970's to 1990's.**

The children learn about the pioneers of a discipline that is ubiquitous in their lives today. Games such as Space Invaders, Pac Man and

Donkey King are discussed and analysed, and the children have a chance to experience the excitement their parents felt when playing these classics.

They even have the opportunity to see how the games are coded and 'hack' them in order to gain more lives or make the challenge harder! Hopefully through this activity children will experience the thrill felt by generations past when gameplay mattered more than fancy graphics, and the high score holder was king!

## *Scoubidou*

**Scoubidou is a knotting craft which originated in France.**



It has become very trendy and popular in the Prep School and we now have some experts in Years 3 to 8, teaching other children how to do it. So far children have learnt the square stitch and the spiral knot.

## *Warhammer*

**Warhammer is a miniature war game where military tactics, dice and art combine to form**



**an absorbing, addicting, challenging hobby.**



Dice are used instead of actual bloodshed and lovingly painted miniature figurines are the only casualties. This has attracted both the avid painters, and the serious generals, keen to throw their armies into battle!

Pupils are welcome to come and try your hand at these games, constructing and painting the miniatures, war gaming in the future or the fantastical past.

Warhammer is running on Thursdays and is open for Years 6 to 8.



(including golf, hang gliding or being a Jedi Knight). The sessions are designed so that children can have fun, but also work together.

## ***Yu-Gi-Oh***

**Yu-Gi-Oh is a Japanese trading card game which involves battling against an opponent using a deck of cards.**

The game sees players using a combination of monsters, spells and traps to defeat their opponent. The game itself comes with some great educational benefits, namely reading and maths. Children are always reading what each card does in detail in order to use the cards in the best way possible.



## ***XBox Club***

**XBox Club is aimed at children from Years 6 to 8.**

The club runs on a Tuesday and the children have the option to play lots of different games ranging from FIFA to Guitar Hero or Rock Band. There is the option to use the Xbox Kinect motion sensor device for more active games



## *Drama for Fun*

**Drama for Fun is a creative and enjoyable activity for Years 6-8.**

The activity seeks to develop and enhance a range of performance skills, including mime, physical theatre, script reading and improvisation. Using a range of stimuli, the children will create and devise individual pieces as well as group tasks. Stimuli will include music, pictures, effective vocabulary and props. The emphasis is on exploration, and freedom, to try out new ideas, without the constraints of a production script. The children will develop further understanding of the use of pace, tone, dramatic pause and movement to convey a range of emotions and atmospheres.



## *LAMDA (Junior)*

**LAMDA training at Bede's Prep is a wonderful way for pupils to build confidence, improve their acting and communication skills, and prepare pupils for their individual exams.**

To take part, pupils don't have to be great actors or musicians - they simply need to have an interest in the theatre, be it performing or even behind the scenes.



## *Musical Theatre*

**Musical Theatre combines singing, dancing and acting to create a theatrical performance.**



Pupils get to learn skills in all three disciplines, teaching them to be a triple threat! They will look at the emotional content of the number and learn how to communicate that to the audience, as well as building their confidence when it comes to performing. We also look at singing skills and techniques, helping the children to sing with conviction, combining all that with dance moves. It really helps the pupils to work on their multi-tasking, along with stamina and determination. Pupils will work on numbers from shows and build a repertoire of Musical Theatre knowledge to last a lifetime.



## ***Music Activities***

**Music activities change regularly throughout the year in order to give as many pupils as possible opportunities to be involved in music making outside of class music lessons.**

There are other seasonal activities that take place outside activity time, which are open to all

Prep pupils, such as the Carol Service Choir.

## ***Music Tech***

**If you're into your music and into your tech, this is the club to join.**

It's a chance to use various apps, websites and software packages to make your own music in a variety of styles.

## ***Films and Musicals***

**This activity gives pupils the opportunity to learn songs from their favourite films and musicals.**



Each term we will be learning songs from a different song or musical and so far these have included 'The Greatest Showman', 'A Star Is Born' and 'Bohemian Rhapsody'.

The aim of the activity is for children to have fun, whilst gaining experience of performing. The activity culminates in a performance at the end of term to parents.

## ***Rock and Pop Singing***

**This activity gives pupils of all ages the opportunity to come along and sing!**

The Seniors from Years 5 to 8 have been learning a range of songs from the motion picture 'Sing'. The Juniors from Years 3 to 5 have been focusing more on Disney repertoire



songs, learning beloved songs from Disney classics.



## *Soul and Rock Band*

**If you're a budding instrumentalist, this might be the activity for you. (Grade 2 and above)**

The soul and rock band gives children the opportunity to learn a wide variety of music from classics to modern pop hits and enjoy playing with others. Across the course of the term, a wide range of instruments will be given the melody in each arrangement, to give all pupils the chance to lead the band, either as a soloist or as a small group.



## *Tap Dance*

Tap has long been a popular dance from featured in the West End and Broadway shows, as well as in Hollywood films.

This fun and challenging form of dance promotes a combination of rhythm, timing and coordination. Pupils develop musicality through various centre and cross floor exercises and routines. The class focuses on proper techniques, clear taps and appropriate speed, allowing the pupils to gain the most out of the class.



Whether pupils have danced and tried tap before, or it is their first time, the class can be adapted to suit their pace and, if they are feeling confident, the opportunity to perform what they have learnt in a show.





## *Athletics Running and Track*

**Athletics takes centre stage during the Summer Term with activities programme enhancing the fitness and track skills of our budding athletics.**



With both grass and all weather tracks, we are able to provide a varied programme for sprinters and distance runners, club runners and first time participants, tailoring the activity sessions to the individuals within the squad. Pupils are encouraged to understand their aerobic and anaerobic systems and really take charge of their own development, building their knowledge of what types of training will work

from them and enhancing their fitness at the same time.

## *Athletics Throwing*

**Throwing events in athletics are very technical.**

Discus and shot put is taught in PE lessons and this activity gives pupils the chance to practise their technique and develop it further (progressing to the South African turn in discus throwing for example). Over the years we have seen many pupils develop to become regional and even national champions.



## *Basketball*

**Open to both boys and girls, the basketball activity expands on what is learnt during PE lessons.**



Those who enjoy the sport are able to come along and look to take their skills to the next level. Tactics such as the fast break, the screen and half court-to-man defence are taught and are skills we don't always have time to master in PE lessons.

## *Chick Boxing*

**ChickBox is Eastbourne's personal training gym for women.**



The unique Chick Boxing programme gives women the safe space to enjoy boxing and all of its benefits. Bede's girls will be enjoying

a tailor-made version of Chick boxing that suits their age and development, with a strong focus on confidence building, including body confidence and feeling empowered. We want pupils to understand what their bodies can achieve in a gym environment versus aesthetics. Offering an accessible boxing training programme that's unique and in an independent space, this activity promises to empower the girls and encourage a happy, healthy approach to the gym.

## *Cricket (Academy)*

**Our cricket coaches run an 'open to all' soft ball development programme during the winter terms.**



This takes place at the Senior School and the aim is to help improve techniques and skills based around batting, bowling and hand-eye. Following this, we move towards the hard ball, still coaching/developing and enhancing the techniques of the game in a more game based environment. We then continue on to more 'squad based' training as this is aimed at a pre-season programme. Open nets, gamed based challenges and match scenarios for all skills.

During the summer term we run two activity session for Juniors and Seniors alongside the games session, which provides a more enhanced coaching/development programme which progresses to school fixtures.



## *Free Swimming*

**This session is open to all pupils from Years 3 to 8.**



It is an opportunity to have fun in the water and practise some of the skills learnt in lessons. It is a very popular session and is a way to build confidence in the water, whilst having fun and playing games with friends.

## *Futsal*

**Futsal is a variation of indoor football that has been played for many years on the continent and in South America in particular, and is starting to become popular over here.**

The ball is smaller and does not bounce as much as a normal ball and the emphasis is therefore very much on dribbling skills and footwork.

The result of all this is that not only will pupils get to play a game they will probably not have played before, but it should also help their skills when it comes to reverting back to association football. Win win!

## *Girls Football*

**Nationally and internationally girls' football is growing constantly, and here at Bede's we want girls to be as fully involved as possible.**

During the football activity, pupils focus on footwork, drills, possession play and the small-sided game, dissecting the components down to give the girls a greater understanding of the game. This activity is run by Kellie Larkin who has represented England on eight different occasions. She hopes to inspire and educate the girls, and to foster a sense of belief in themselves.

## *Golf*

**Golf Club takes place at Lottbridge Golf Club every Monday.**



The activity gives pupils the opportunity to get to grips with golf and have fun trying out the various different clubs.

It gives pupils the chance to see who can hit the ball the furthest, sometimes the highest and occasionally behind us!

In time, some of those may be able to go out on to a course to challenge the golfing greats!

## *Gymnastics*

**Gymnastics has been a great success in the Activity programme and it has been wonderful to see so many cartwheels and forward rolls on display.** The children enjoy the opportunity to perform and create partnership routines. We look at balances, vaulting, basic floor routines and even get the trampoline out on occasions! We have gymnastics within the school PE

curriculum so it's a great way to improve upon your skills. Throughout the younger years we work on the basic Gymnastic Proficiency Awards which go down in levels starting at level 8, with a certificate awarded after completion of each level. Some of our current gymnasts are on level 1, which is fantastic!



## *Handball*

**Handball is a fast and exciting game, played with a small ball that can be thrown into a hockey-sized goal from outside a small area. Movement around the court is not unlike basketball, but it is the leaping shot that is the exciting bit. Who wouldn't enjoy running up and throwing a ball past a keeper and into the net?**

We do lots of team games at Bede's, but this is a chance to try something a little bit different.

## *Hockey Coaching*

**This activity is run to ensure that children who would like to play hockey outside of the season are catered for.**



These sessions tend to include a short skill specific part when leads on to a standard hockey match, which the children love. This session is not targeting for pupils at a particular level or ability, but is to give children the opportunity to play hockey all year round.

## *Multisports*

**This activity is the ideal opportunity to experience the variety that Bede's has on offer. Every week will introduce a different sport such as football, handball, netball, touch rugby, stool ball, basketball and lacrosse. It is not only great fun but the team play enhances the all round transferable skill and tactical awareness of each participant as well as enabling them to find something in particular that they love.**



## *Netball Coaching*

**Netball squad training activities run across all terms for our budding netball players.**

The sessions are designed to develop players who are keen to build upon their netball skills, preparing them mentally and physically to play within the school netball team. The sessions are led by Head of Netball, Samantha Kennerson.

A training session will consist of skill based practices, enabling players to really understand the technical aspects of netball specific movements and ball control and when to apply



these skills during competitive match play. The sessions also focus on developing players core strength, balance and agility; all key aspects of a successful netball player. Players will get to experience match play during the activity to provide exposure to the challenges that come when putting all that has been learnt into a competitive match. Match play is coached and team talks ensure players have both individual and team targets to take on board in order to improve their performance.

## *Ping Pong and Table Football*

**This activity aims to be relaxed and sociable, allowing you to compete and have fun with your friends whilst playing singles or doubles.**



Known as the world's best brain sport, ping pong facilitates improvement with hand eye coordination. Table football helps to promote teamwork and team spirits, whilst having lots of fun.

Both activities are great for burning off any excess energy!

## *Rounders*

**When the Summer Term is in full swing, the girls always love a fun game of rounders in the sunshine.**

By placing the emphasis on fun, the rounders option is a very popular activity choice and encourages pupils to take part in sport for the social enjoyment. The girls have developed the core skills of throwing, catching and batting from Cricket so are all very comfortable adapting to the rounders rules. Within the activity, the girls have a quick warm up of a skills circuit followed by a fun game to finish. Rounders is a game that is all about teamwork, which the girls here at Bede's are brilliant at!

## *Softball*

**Softball has been attended by a variety of children from Years 6 to 8.**

We have played, mostly a format similar to Rounders. However, we have had lots of fun changing to rules to make it more interesting and challenging. We have even crossed cricket with softball to see what happens; the results were very interesting. Each week we have two teams who work hard at fielding and batting. Softball is an activity that gives us all a chance to relax and have fun, yet maintain that competitive edge in a friendly sporting manner.

## *Squash*

**Squash has proved to be a very popular sport for pupils who already enjoy tennis at the Prep School.**

As a racket sport, it is easy to learn, fantastic for fitness as well as being a great social activity. It is open to all age groups and we

provide pupils with protective eyewear and rackets. Pupils progress through the different colour dot squash balls, transitioning to the super slow double yellow as their proficiency increases. There is also the opportunity to play in the school squash team.

## *Stoolball*

**Happily the ancient traditional Sussex game of Stoolball is alive and thriving here at Bede's Prep.**

With its origins back to the 1450's, Stoolball has certainly weathered the tempests of time and remains an exciting, mixed game usually played in the warmer summer months. Recommended by the national curriculum as a great striking and fielding sport, it has been a welcome addition to the activities programme. Children in Years 6, 7 and 8 have the opportunity to learn tactics, skills and rules of Stoolball, which also directly link to cricket. 'Cricket in the air', as Stoolball has often been termed, has the main aim to see which of two teams can score the most runs against one another. It consists of overs of 8 balls bowled to the opposition who must protect tall, square, shoulder height wickets. Unusually there is no pre-determined length of game. But for activity session purposes and to ensure every pupil gets to bat and bowl, we have adapted the 'one out all out' rule for maximum activity all round.

## *Strength and Conditioning*

**Our Strength and Conditioning sessions are led by Tony Morriss, using the excellent gym facilities at Bede's Senior School.**

Groups are encouraged to begin an understanding of their own health and fitness, from the way their joints move through to the difference between the cardio machines and weight training. The emphasis is on fun

and building a life long love of health and fitness, whilst enhancing the pupils' sporting endeavours in every discipline.



## *Swim Squad*

**Bede's Swim Squad welcomes swimmers who are keen and enthusiastic to learn about competitive swimming.**



There are five squad sessions a week, one specifically for Years 3 and 4, two early morning sessions (including breakfast!) and two late evening sessions open to Year 5 upwards. Squad sessions are fun and all swimmers use a variety of training equipment from fins and hand paddles to snorkels. All squad swimmers have the opportunity to represent the school in galas, putting their competitive skills into practise!



## Trampolining

**At Bede's, we are lucky to have Mr Atherton and Mrs Rham who are both qualified trampolining coaches.**

The size of the group is capped to ensure everyone has the plenty of bouncing time. After a safety briefing, pupils are taught the basics of jumping, stopping, twisting and shapes in the air, including tuck, straddle and pike, before moving on to more difficult moves such as the seat drop, front drop and swivel hips.

As the pupils become more proficient and have a wide range of moves under their belt, they can start to look at doubles which is always great fun!



## Volleyball

**Volleyball is offered as an indoor sport at Bede's Prep as part of our PE curriculum and now it is included in our activity line up.**

Level 2 Coach Mrs Rham delivers fun outdoor sessions during the Summer Term, enhancing the provision for our core sports (hockey, cricket and football) by working on the transferable skills of this fast paced, reflex based, coordination game. Pupils learn to work together, react quickly and formulate attacking and defensive play with the beautiful backdrop of the coastline accompanying the sessions. Communication is key in volleyball, which is

great for confidence building and with a range of age groups across Years 6 to 8, pupils make new friendships and enjoy developing skills learnt in PE lessons in a relaxed environment with just the right amount of competitiveness thrown in!



## Watersports

**Watersports takes place at Buzz Active in Eastbourne, the perfect place to get to grips with fun activities on the water.**



Throughout the term children enjoy kayaking, sailing, windsurfing, improvised paddleboarding, raft building and body boarding. This is a fantastic activity, expertly led by the staff at Buzz Active, where the pupils learn many new skills in a safe but exciting environment. They develop a true sense of achievement on the open water with every session bringing a smile to their faces, despite

how wet everyone gets. The children really do work hard whilst having fun. Watersports is not to be missed!

## *Yoga*

**After a long, hard working school day, there is nothing better than to clear your mind and relax though a peaceful session of yoga.**

This class emphasises the fundamentals of yoga, including standing, seated, reclining and balancing poses, movements such as sun salutations and breathing techniques.



It aims to increase flexibility, improve balance, build strength and enhance health and wellbeing. Yoga is a fun and gentle practice, perfect for beginners or anyone in need of a stress relieving activity. Rest your mind, rejuvenate your body and restore balance whilst feeling energised and transformed! Pupils of all abilities are welcome.

## *Zumba*

**Take the work out of workout by having the chance to be active and dance to your favourite music.**

Zumba activity sees pupils learn child-friendly routines based on Just Dance choreography. This activity will give you the chance to jump, dance, shake and swing your hips. It's the perfect recipe for fitness fun!



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