



- Music - Battle Rap
- Music - Choir
- Music - Classical Guitar
- Music - Film Music Composing
- Music - Guitar Ensemble
- Music - Individual Practice Time
- Music - Junior Music Club
- Music - Learn to Play Blues
- Music - Male Vocal Group
- Music - Open Rehearsal Time
- Music - Orchestra
- Music - Performance Club
- Music - Pop Choir (Juniors)
- Music - Rock School
- Music - Song Writing Club
- Music - Strings
- Music - Studio Recording
- Music - Swing Band
- Music - Ukulele Band
- Music - Technology Club
- Music - Theory Club

**Rock School**  
A space for pupils to rehearse their band with help from our Rock tutors.

**Battle Rap**  
Show off your technical ability and lyricism skills while competing for a first place prize. This activity will take place in the form of a long-term tournament and pupils will take part in numerous one-on-one rap battles, as well as doubles competitions. Help can also be given in writing and freestyle in any genre of rap.

**Pop Choir**  
Juniors are invited to join the choir and sing their hearts out! We'll sing fun, pop songs.

- Sports - Archery
- Sports - Athletics (Beginners - Club Level)
- Sports - Basketball
- Sports - Brazilian Jujitsu
- Sports - Cricket (Indoor & Outdoor)
- Sports - Cross Country
- Sports - Extreme Frisbee
- Sports - Fishing
- Sports - Football
- Sports - Football Coaching (Boys & Girls)
- Sports - Football Squad Training
- Sports - Futsal
- Sports - Golf (Indoor)
- Sports - Gymnastics
- Sports - Handball
- Sports - Hockey (Boys & Girls)
- Sports - Judo
- Sports - Kayaking

**Extreme Frisbee**  
Ultimate Frisbee is a fast paced invasion game. Frisbee skills not necessary! You just need to be willing to run around a lot and have a positive attitude.

**Brazilian Jujitsu**  
Children will start out with fundamental defence, escape, and submission techniques from varying positions along with counters to each of the techniques. Children will learn how to work together as a team, while developing themselves as individuals.

**Scuba Diving**  
Children will learn new scuba diving skills by completing fun Aquamissions. Children will be given their Aquamission and then will go for a dive, all the while learning real diving skills.

**Futsal**  
Futsal is a modified version of football traditionally played on an indoor pitch. Sessions will be divided into warm up, skill set and competition. The main aim of the club is for pupils to have fun and enjoy themselves.

- Sports - Multi Indoor Sports
- Sports - Netball
- Sports - Octopush (Underwater Hockey)
- Sports - Paddle Boarding
- Sports - Pickleball
- Sports - Rugby
- Sports - Rugby 7s - U16s & U18s
- Sports - Rugby Development
- Sports - Scuba Diving
- Sports - Swimming
- Sports - Swimming (Squad Team Training)
- Sports - Table Tennis
- Sports - Taekwondo
- Sports - Tennis
- Sports - Trampolineing
- Horse Riding
- Horse Riding - Horse Jumping Clinic
- Horse Riding - Pony Club
- Horse Riding - Pony Club Theory

**Octopush**  
Octopush is underwater hockey. A limited contact sport in which two teams of six compete to manoeuvre a puck across the bottom of a swimming pool into the opposing team's goal. Come and try a different sport!

**Pickleball**  
Pickleball is a sport created for all ages and skill levels that is played with a paddle and a plastic ball. The rules are simple and the game is easy for beginners to learn but can develop into a quick, fast-paced, competitive game. It's a fun sport that combines many elements of tennis, badminton and ping-pong and can be played both indoors or outdoors on a badminton-sized court over a low net.

**Jass Club & Young Gattonians**  
JASS (Junior Award Scheme for Schools) is an accredited learning programme for young people. It develops the whole individual by giving children aged 10-14 years old the opportunity to get active, complete challenges, get involved in the community, and explore their personal interests.

- Army Cadets
- Christian Union
- Cubs
- Duke of Edinburgh Award
- Jass Club
- Student Council
- Young Gattonians



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**ROYAL ALEXANDRA & ALBERT SCHOOL**



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January 2016

CO CURRICULAR PROGRAMME



## Welcome to the Co-Curricular Programme

This is a true boarding school. Boarders and Flexi Boarders spend a great deal of time here so we aim to ensure there is a fantastic range of stimulating and enjoyable activities on offer.

Every term an extensive programme of co-curricular activities is created and this programme draws on the skills of current staff and external experts. Pupils can choose from around 250 weekly sessions of sports, creative arts, skills, entertainment and academic pursuits.

This brochure gives a flavour of the activities on offer. There are those that are currently running and others that are likely to run, or have run in other terms. Where an activity is particularly popular we try to arrange extra sessions to ensure as many pupils as possible are able to participate.

As you look through this brochure you might think of something you would like to see on the programme. We encourage parents and pupils to let us have their ideas and will add additional activities whenever possible.

I hope you and your child enjoy looking through this brochure.



Mark Skidmore  
Deputy Head - Pastoral & Boarding

Academic - 3D Modelling Club

Academic - Debating Club

Academic - English as an Additional Language

Academic - Extended Learning DT

Academic - GCSE Film

Academic - Horrible Histories

Academic - Literacy Booster Juniors

Academic - Maths Statistics

Academic - Maths Booster Juniors

Academic - Maths Mastery

Academic - Morocco Club

Academic - Open Library

Academic - Prep Support

Academic - Psychology Club A Level

Academic - Science - Chemistry Club GCSE

Academic - Science Club A Level

Academic - Study Skills

Academic - Young Enterprise

### 3D Modeling Club

The club enables pupils to use specialist 3D modeling software and create objects and designs of their choice.

### Maths Mastery

Become a Master of Maths by attacking the more complex areas of the subject in greater depth.

### Young Enterprise

Students set up and run their own registered company with legal responsibilities and insurance cover. They develop a product or service, raise capital by selling shares, generate sales through marketing, monitor cash flows and calculate profits. They will be young entrepreneurs in no time!

### Coding for Girls

This is a space where girls can fully unleash their desire to understand what computer coding is about.

IT - Animation Club

IT - App Club

IT - Coding for Girls

IT - Minecraft

Languages - Introduction to Mandarin

Languages - Portuguese for Beginners

Languages - Spanish (Beginners)

Languages - Spanish (Intermediate)

Languages - French Conversation

Games - Academic Games

Games - Board Games

Games - Cards

Games - Chess

Games - Lego Club

### Minecraft

Do you think you are a god at Minecraft? This club will help you to extend your skills with weekly competitions. You will explore how Minecraft can be used to learn computing and programming.

### App Club

Using an iPad and other interactive devices, we will be designing and developing applications for a variety of platforms in a fun and creative way.

Life Skills - Allotment & Gardening Club

Life Skills - Allotment Club

Life Skills - Basic Maintenance

Life Skills - Bicycle Repair

Life Skills - Bikeability

Life Skills - Girls Self Defence

Life Skills - Soulspace

Cooking - Cookery Club

Cooking - Cookies & Cakes

Cooking - Food Club

Cooking - Foods of the World

Cooking - Simple Savouries

Cooking for Fun

Cooking for Uni

Dance - Contemporary

Dance - Contemporary & Jazz

Dance - Musical Theatre

Dance - Street

Dance - Exercise

Exercise - Boxercise

Exercise - Fitness

Exercise - Interval Training

Exercise - Tone-Tastic

Exercise - Yoga

Exercise - Zumba

### Bikeability

Bikeability teaches children how to ride their bikes more confidently and safely. There are 2 levels children can complete to become confident young cyclists.

### Soulspace

This is a 'silence club'. It is an opportunity to be quiet with others, to think deeply about school, family and personal ideas, but without a lot of talk. Five minutes of each session will teach different approaches to using time like this.

### Boxercise

Boxercise is an effective and fun form of exercise, combining boxing with general fitness.

Creative - Art & Crafts Club

Creative - Art Club

Creative - Beading

Creative - Hama Beading

Creative - Bond Club

Creative - Ceramic Heads

Creative - Creative Display

Creative - Creative Writing

Creative - Design, Renew, Wear

Creative - Doodle Art

Creative - Fashion Club

Creative - Jewellery Making

Creative - Make & Create

Creative - Photography

Creative - Write To Life

Drama - Fight Club

Drama - Gatton Performers

Drama - KS4 Rehearsals

Drama - Play Rehearsals

Drama - Theatre Appreciation Club

Drama - Theatre Design (Set, costumes, make up)

Drama Crew

Drama Festival Rehearsals

### Fight Club

Fight Club is run by RC-Annie, a professional stage combat company who choreograph combat for stage and screen. In past years, pupils have been trained in unarmed combat, swordplay, knife work and fighting with found objects. The course ends with the 'Fight Night' performance, where you can share your work in front of an audience. The club is strongly recommended to those studying for GCSE Drama.

### Ceramic Heads

Pupils begin the programme by understanding how different artists and cultures have used masks in their work. We then progress onto looking at expression and mark making: understanding the different tricks for recreating an accurate portrait. The portrait will then be developed into a 3D Ceramic full size head.

