

We are delighted to present the Activities Brochure for Autumn. This is a packed programme that is sure to excite, entertain and educate. Activities are at the heart of life at Bede's and whatever your interests, we're sure that you'll find something that you will love doing.

These co-curricular activities enable everyone to develop their strengths, qualities and their self-confidence in order to help them flourish. They teach courage, curiosity and compassion, as well as making many lifelong friendships and memories that last far beyond Bede's. Playing a full and wholehearted part within the Activities programme is key in developing the connection needed with others in order to build our kind hearted community. It is also integral in fulfilling our mission for everyone in the School to find joy in the pursuit of brilliance. Therefore we hope that everybody finds their niche, enabling them to release their talents within a world of opportunities. You are at Bede's for several years, but these experiences help to form who you are for the rest of your life.

Therefore please take this opportunity to get involved, try something new, make friends and get active. A huge thank you to all the staff who contribute to this wonderfully diverse programme as, without their hard work and creativity, none of this would have been possible.

Activities fall under 4 different categories - Sport, Clubs & Societies, Languages & Culture and Creative & Performing Arts. Every pupil of the school needs to sign up for three activities per week - and would recommend a range of activities that include at least one that is a sporting/exercise choice. Some activities are only suitable for certain year groups and you'll see that these are highlighted in each individual section. Certain activities have an extra cost associated with them, and these will also be highlighted.

Sporting Activities are important in making sure that you're fit & active, whether it's a team or individual sport, we encourage all students to pick at least one sporting activity. For those students who live for sport, we want to make the most of the months ahead. For everyone else, we want you to stay fit & healthy as we believe in good health and exercise for all.

There are Languages & Culture Activities providing the chance to support pupils with their studies, or extend them and push them further within an impressive supra-curricular programme. Studying Classical Greek, Researching Chemistry or learning Japanese are amongst the wide range of Languages & Culture Activities.

In Societies & Clubs pupils can join a Film Club, spend time in our fantastic Zoo or get those baking skills up-to-scratch (and hopefully bake some cakes for parents to enjoy). There's an eclectic mix of Societies & Clubs with something new to try for everyone.

Finally there are the Performing & Creative Arts Activities: amongst the highlights are our superb drama teachers offering a range of theatrical related activities, the music department hosting choirs & bands a-plenty or pupils can join the Art Department in a wide range of opportunities.

Most activities are Open to All, meaning that anyone can join the activity. Some activities are Invite Only in which case many pupils will have already been invited, however you can email the teacher in charge of that activity to also request an invite. If you have any questions about an activity, you can contact the teacher in charge of the activity who is listed in each listing.

We hope that Parents & Guardians spend half an hour reading through this programme - and deciding, with their children, which activities to choose. It's important to strike the right balance with the four different themes and pupils may benefit from some guidance with this.

There's never been a more important time to develop hobbies, passions and interests to run alongside our academic programme. Research tells us that they definitely assist in the development of a sense of well-being, promoting positive mental health and building self-confidence. We hope that pupils are looking forward to the programme as much as the staff who are running these exciting activities. Please do share with us photos, videos and stories about all that is going on.

Enjoy reading this brochure and remember to sign up to your Activities on **Wednesday 4 September.** 

Phil Wise

Deputy Head Operations

All activities are free (except where stated)

Pupils should pick a variety of activities

Pupils are expected to select three activities a week

To join 'Invite Only', email Mr Richards to request access





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### **ALTERNATIVE SPORTS - SKATEBOARDING**





The extreme sports activity for the summer term will be skate-boarding. Come and learn more about this exciting sport. £180 per term

#### **BADMINTON**





Badminton players of all standards are welcome to join this activity that takes place in the off-site. All years & All players welcome. There is an additional charge of £45 for this activity.

#### **BODY BALANCE AT BANNATYNES**





Improve your flexibility and increase core strength while you reduce stress levels. It combines elements of Tai-Chi, Yoga, and Pilates while an inspiring soundtrack plays in the background. There is an additional charge of £150 for this activity.

### **BASKETBALL TEAM**







Players of all standards are welcome to join the Bede's School Basketball team - training, matches and more besides. To find out more talk to Mr Byrne

#### **CLIMBING**





Come and join us climbing at The Ordinary Climbers in Polegate. The centre offers both bouldering and top rope climbing. No experience necessary. There is an additional charge of £200 for this

### **CRICKET JUNIORS**









We are currently considered to be one of the top cricket schools nationally. Our U17 team were National Runners Up in 2019; our U15 Boys were named National Champions in 2018; and our U15 Girls were declared National Champions twice in 2019.

# **CRICKET SENIORS**





We are currently considered to be one of the top cricket schools nationally. Our U17 team were National Runners Up in 2019; our U15 Boys were named National Champions in 2018; and our U15 Girls were declared National Champions twice in 2019.

#### CRICKET OPEN TO ALL









A general cricket session that's open to all ages and abilities. Runs every Thursday activity Session.

#### **CROSS COUNTRY**





An opportunity to get out and sample the beautiful Sussex countryside on a cross country run. Whether it rains or shines, you'll at least be getting fit.

#### DARTS









Come and join us if you love darts or are curious. We'll have competitions, practice, drills, walk-ons, a caller, coaching and much,

#### DOWNLAND WALKING





Join us and experience the South Downs in all their glory. Whether you're an experienced hiker or new to the activity, you'll be welcomed as we trek through the glorious countryside.

# FOOTBALL U18A/B/C/D/E





Football training and practice including some futsal, fitness and conditioning work. This invite only session is for members of Bede's U18 Squads

#### FOOTBALL U15A/B

Whitaker, Young





Football training and practice including some futsal, fitness and conditioning work. This invite only session is for members of Bede's U15 Squads.

#### FOOTBALL U14A/B/C





Football training and practice including some futsal, fitness and conditioning work. This invite only session is for members of Bede's U14 squads.

### **FOOTBALL GIRLS**











Open to All

Fitness, dexterity, agility, teamwork - but most of all, having a good time and enjoying your sport. Whether you want to improve, or spend time with friends, enjoy these friendly competitive sessions with expert coaches.

## FOOTBALL U16A/B

FY L5 U5 P6 L6 U6











Football training and practice including some futsal, fitness and conditioning work. This invite only session is for members of Bede's U16 Squads.

### **GOLF ACADEMY**







The Golf academy is intended for experienced players who are looking to reduce there handicap, it is limited to 5 players per session. The activity takes place at East Sussex National, working with ex-tour professional Jack Budgen. £140 per term.

### **GOLF DRIVING RANGE**

FY L5 U5 P6 L6 U6









Open to any budding golf enthusiasts, we use the Horam driving range, this activity is £120 per term.

#### HOCKEY GIRLS U18A/B/C









Our innovative Hockey programme, centred around the individual, offers pupils an unrivalled coaching provision across all three terms. We pride ourselves on developing individuals to play hockey for life.

### **HOCKEY GIRLS U15A/B**









Our innovative Hockey programme, centred around the individual, offers pupils an unrivalled coaching provision across all three terms. We pride ourselves on developing individuals to play hockey for life.

#### **HOCKEY GIRLS U14A/B**





Our innovative Hockey programme, centred around the individual, offers pupils an unrivalled coaching provision across all three terms. We pride ourselves on developing individuals to play hockey

### HOCKEY BOYS U18A





Our innovative Hockey programme, centred around the individual, offers pupils an unrivalled coaching provision across all three terms. We pride ourselves on developing individuals to play hockey

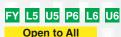
#### HORSE RIDING - SHOWJUMPING





Suitable for all abilities. Learn to ride or improve your skills and fitness. You will required your own horse. There is an additional charge of £30 per lesson for this activity.

## HORSE RIDING





Suitable for all abilities. Learn to ride or improve your skills and fitness. This activity is for those wanting preparation and training for competitions. There is an additional charge of £25 per lesson for this activity.

#### **JOGGING FOR FUN**







Come and join us for a jog around the reservoir or local countryside, gentle exercise and fresh air, beginners may walk and work up to a jog.

#### MIXED MARTIAL ARTS





Welcome to Martial Arts! Here we will learn in a variety of styles including karate, judo and ju-jitsu. It caters for all fitness levels as well as skill levels. We will learn kicks, punches, blocks and some self-defense moves. £50 per term.

# **NETBALL FOR GIRLS**





As with our other sports, we value both performance and participation; offering a Netball programme offering different pathways for players of all levels. Monday & Tuesday are U5+ only and Thursday is an open session.

# **PADEL TENNIS**





Padel tennis is a fast-paced, fun sport that's easy to pick up! Played on smaller courts, it's a mix of tennis and squash, with walls adding an extra twist. Whether you're new or experienced our coaches will make sure you have a great time. There is an additional cost to this activity of £100 per term.

### **SNOOKER**





### SAILING





Our sailing activity leads to a RYA qualification. It does required pupils to commit to both Tuesday and Thursday sessions. This activity runs until half-term, at which point pupils can chose another activity. There as an additional cost to this activity of £160 per term.

### **SWIMMING - LANE SWIMMING**









The Swimming Programme runs throughout the academic year. Swimmers at Bede's enjoy our 25 metre, 6 lane competition size swimming pool.

## SWIMMING SQUAD









The Swimming Programme runs throughout the academic year. Swimmers at Bede's enjoy our 25 metre, 6 lane competition size swimming pool.

## **TENNIS CLUB**











As with our other sports, we value both performance and participation; offering a tennis programme offering different pathways for club, development and academy players.

## **TENNIS ELITE**













As with our other sports, we value both performance and participation; offering a tennis programme offering different pathways for club, development and academy players.

### TRAIL BIKING















Trail Biking in various locations in the local area. Bikes and helmets are provided but you must wear appropriate clothing. There is an additional charge of £50 for this activity.

### **WEIGHTS & FITNESS**













Pupils can take advantage of our exceptionally well-equipped Fitness Suite during Activities sessions (which are also available during the day and in evenings and weekends).

### YOGA HATHA BEGIN/INTER













We offer yoga sessions with a fully-trained Yoga instructor during Activity sessions which cover beginners and intermediate Hatha Yoga which focus on the classical postures, alignment and breath. £65 per term.



# CLUBS & SOCIETIES

# **BEDE'S ENTERPRISE CHALLENGE**



SCHOOL ENTERPRISE
CHALLENGE

Each term we plan and host business activities around the school to raise money for charity. In doing this, you gain Entrepreneurial skills such as risk-taking, managing and marketing an event as well as developing and analysing financial statements.

### **BRILLIANT BOOKS AND BISCUITS**







Open to All

A fun and friendly activity for book-lovers everywhere. Join us for recommended reads a selection of our favourite biscuits, and plenty of tea!

### **CANSAT**



Open to All

The CanSat competition provides students with the opportunity to have practical experience working on a small-scale space project. They are tasked with designing and building their own simulation of a real satellite, integrated within the volume and shape of a soft

### **CHESS CLUB**

FY L5 U5 P6 L6 U6

Open to All

Learn how to play chess! Improve your chess playing! Get expert coaching from our resident in-house Grandmaster.

#### COOKING





Open to All

Want to make whole meals for Autumn? Looking forward to sharing delicious dishes with friends? This activity is suitable for those who like getting into the kitchen at home but want to increase their cooking skills.

### **COMING OF AGE CINEMA**

FY L5 U5 P6 L6 U6

Open to All



Explore iconic films that capture the trials and triumphs of growing up, and reflect on how they shape our understanding of adoles-

#### **ENGLISH LITERATURE ENRICHMENT**



FY L5 U5 P6 L6 U6







Open to All

Deepen your understanding and foster your love of this wonderful subject. If you are thinking of pursuing English at university, you want to be enriched beyond the curriculum, or you simply need your confidence boosted, this would be an ideal activity for you.

#### **ENVIRONMENTAL LEADERS AWARD**











You will design and implement a project to significantly improve biodiversity and sustainability at Bede's. You will make a real difference and be able to evidence your skills when applying for leadership positions and competitive university places.

#### DOFE BRONZE AND SILVER







Open to All

The DofE is the world's leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the very best they can be. This sessions is for Pupils wishing to join the Bronze/ Silver Awards.

# **DOFE GOLD**









The DofE is the world's leading youth achievement award, giving millions of 14 to 24-year-olds the opportunity to be the very best they can be. This sessions is for Pupils wishing to join the Gold

# **CLUBS & SOCIETIES**

#### **EAL CLUB**







The EAL Club provides our EAL community with a chance to improve their language skills through a variety of interactive activi-ties that aim to be educational, exciting and fun.

### **DUNGEONS AND DRAGONS**











Enjoy a social activity that encourages teamwork and cooperation to solve problems. It is an interactive story in which you play a role as a character or narrator (if you wish to run it). Other story or tabletop games welcome.

#### **ESPORTS**











The British Esports Championships is a competitive video gaming competition for students in schools and colleges across the UK. Tournaments include Rocket League (3v3), Overwatch (6v6) and League of Legends (5v5).

#### **EAL MAHJONG CLUB**





Open to All





Come and play some Mahjong (experienced players only), as well as a little bit of cooking and EAL support.

# **KNIT & NATTER**













Knitting is a great way of keeping yourself occupied, off your phone and it lowers stress! Learn how to knit and create new things like hats, scarfs and blankets. You will need your own circular needles and yarn of course.

### FILMS ABOUT FILM











An activity for anyone who loves film and the history of film. We will watch classics like 'Singing in the Rain', 'Super 8' and 'Cinema Paradiso'. All very different films, but all in some way about cinema. Biscuits provided. Maybe the odd slice of cake too.

# MOMENT OF MINDFULNESS











Open to All



This is an opportunity for pupils to develop and practice positive well-being strategies to help them manage their busy weeks. Each week will have varied activities on offer, in order to equip pupils with possible tools designed to help relax the body and mind and help reduce stress and anxiety.

## **MODEL UN**











Passionate about international issues? Interested in the decision-making process at the United Nations? Looking to improve your public speaking and negotiation skills? Then Bede's Model UN Club is the place for you.

### QUIZ TEAM













We're the Bede's Quiz Team, a free society for people that like quizzes! Whether you like going to quizzes, you never miss an episode of The Chase, or you want to be on University Challenge, we've got something for you.

### PRIVATE STUDY (6TH FORM ONLY)









Private Study available in the Sixth Form Centre. This activity is only available for Upper Sixth pupils and you can only choose this ONCE per week...

# **CLUBS & SOCIETIES**

### READING AMBASSADORS





Open to All



Our team of dedicated Reading Ambassadors work together to spread the love of reading far and wide, throughout the Bede's community and beyond, by creating booktoks and podcasts, visiting local primary schools to read to younger pupils, and much

# SEWING, CRAFT AND DRESSMAKING





Open to All





Bring your own project or work with the materials already in the room. Take the opportunity to learn to use a sewing machine. You should budget to spend at least £20 on materials, depending on the project that you choose.

#### SCIENCE FACT OR FICTION













Seeking answers to big questions; we will explore, discuss and investigate topics such as: Are parallel Universes fact or fiction?

### **UK SPACE DESIGN**











Set typically 50 years in the future, come and design a settlement in space. No experience needed, just your imagination!

## **ZOOLOGICAL SOCIETY**











Looking after the animals in the unit and understanding their welfare needs. Learning good Animal Husbandry.

#### WARHAMMER











Warhammer club is a chance for students to come along and share their passion for the hobby of wargaming, mainly playing Games Workshop games, and paint their miniatures.

# GARDENING FOR WILDLIFE













Love wildlife? Love being outdoors and active, but not chasing a ball around a pitch? Join us to help make space for wildlife in our grounds. This activity contributes towards the volunteering section of your DofE or Bede's Diploma



# LANGUAGES & CULTURE

### FRENCH FOR BILINGUALS







Preparation for examinations for all French native speakers not taking French in the timetable.

### **ITALIAN GCSE & A-LEVEL**







A Level and GCSE examination preparation for native speakers.

#### JAPANESE FOR BEGINNERS













Hola!

Study Japanese on our beginners course and explore this fascinating language, rich in culture, history and traditions. As you move through the year, you'll learn to talk about your daily activities and build conversational skills, useful for shopping, work or finding our way around a city.

### SPANISH FOR BILINGUALS







A Level and GCSE examination preparation for native speakers.

## SPANISH GCSE





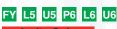






Preparation for examinations for all Spanish native speakers not taking Spanish in the timetable.

# LE DROP-IN









This is an invitation only activity and students will be recommended by LE teachers and HMs.

# **RUSSIAN A-LEVEL**









A Level examination preparation for native speakers.

# RESEARCH CHEMISTRY







Interested in researching scientific topics or get support with A level Chemistry.

#### **BTEC MARKETING**







An activity for those studying the BTEC Marketing in a year programme to help them progress with their studies. This activity is by invite only - please see Miss Wainwright for further information.

### **RUSSIAN GCSE**









GCSE examination preparation for native speakers.



# CREATIVE & PERFORMING ARTS

#### ART - GENERAL ART



Open to All





Art takes time and General Art is a chance to spend time working on paintings, drawings and photography. The full Art Department facilities are available to all and it is a great opportunity to work on your masterpiece!

#### ART - LIFE DRAWING









The Art Department's leading programme on helping students with fiagure drawing confidence. Life drawing is fun, accessible and expressive.

#### ART - 6TH FORM



FY L5 U5 P6 L6 U6





A specialised activity aimed at supporting Pre-6th students with their Art GCSE course.

#### ART - SCHOLARS









A bespoke activity for Art Scholar's at Bede's school.



DRAMA - SCHOOL PLAY















Black Comedy is a one-act farce by Peter Shaffer, A play cast into darkness to reveal the character's inner personalities and tensions. Auditions to be held in the Miles Studio: Wed 11 Sep first break and lunch.

#### **CERAMICS**











Ceramics is an opportunity to get away from a screen and create with clay. Relax and explore the possibilities with making items our of clay. No experience needed. Bring your own ideas or choose from the projects available.

#### **FILM ACADEMY**













A series of workshops to expand upon pupils' practical skills to be utilised with creative projects. Featuring camera skills, sound design, lighting, Premiere Pro editing, Premiere Pro colour correcting and Photoshop for poster making to market your work and creativity.

#### DT - WORKSHOP FOR FUN









Design and make anything you like from a small jewellery box to a coffee table. Aimed at anyone with a love of DT.















Learn how to make jewellery - precious metals, rings, pendants the only limit is your imagination! There is an additional charge for this activitiy of £85 per term.



#### JEWELLERY MAKING - ADVANCED









Learn how to make jewellery - precious metals, rings, pendants the only limit is your imagination! Only pupils with prior experience should apply for this activity. There is an additional charge for this activitiy of £85 per term.





# CREATIVE & PERFORMING ARTS

#### **MUSIC - CABARET CONCERT BAND**









This is the Bede's equivalent of Orchestra and Jazz Band, and is an extravaganza afternoon for all instrumental students - come and

#### LEGAT DANCE ACADEMY







Classes in Classical Ballet, Contemporary, Jazz and Tap for those dancers looking to further their training. For more information please email Legat@bedes.org

#### **MUSIC - CABARET SINGERS**













Everyone is welcome to join Cabaret Singers - whether you have experience of singing or not. In Cabaret Singers, we explore the lighter side of singing together as a group and prepare pieces in a range of styles and genres.

### **MUSIC - JAZZ CHOIR**











Jazz choir is one of the premier, close-harmony ensembles at Bede's and prepares for Cabaret, the Gala Concert, Speech Day as well as jazz events throughout the academic year.

### **MUSIC PRODUCTION**











A musically creative space in which you can learn and use aspects of music technology to make the music that you want to make.

#### **MUSIC - ROCK BAND**











If you love to play rock music, then this is the activity for you. The Bede's rock band activity will be run by Andy Williams, our resident guitar aficionado.

### PHOTOGRAPHY FOR ALL













An activity dedicated to students who want to get involved with photography - from any age & ability.

# TIMETABLE

Monday		Tuesday		Thursday	
Art - General Art	Arts	Art - General Art	Arts	Alternative Sports	Sports
Art - Scholars	Arts	Art - Life Drawing	Arts	Art - 6th Form	Arts
Astronomy Club	Clubs	Basketball Team	Sports	Art - General Art	Arts
Basketball Team	Sports	Body Balance at Bannatynes	Sports	Badminton	Sports
BTEC Marketing	Culture	Brilliant books and biscuits	Clubs	Chess Club	Clubs
Business Enterprise Challenge	Clubs	CanSat	Clubs	Climbing	Sports
Ceramics	Arts	Ceramics	Arts	Coming of Age Cinema	Arts
Cookery	Clubs	Climbing	Sports	Cookery	Clubs
Cricket - Seniors	Sports	Cookery	Clubs	Cricket	Sports
Cross Country	Sports	Cricket - Juniors	Sports	D of E Silver/Bronze	Clubs
D of E Gold	Clubs	D of E Silver/Bronze	Clubs	Darts	Sports
Downland Walking	Sports	Darts	Sports	Downland Walking	Sports
EAL Club	Clubs	Downland Walking	Sports	Drama - School Play	Arts
EAL Mahjong Club	Clubs	Drama - School Play	Arts	EAL Mahjong Club	Clubs
Environmental Leaders Award	Clubs	DT Workshop for fun	Arts	English Literature Enrichment	Clubs
Esports	Clubs	Dungeons & Dragons	Clubs	Football - Multiple	Sports
Film Academy	Arts	EAL Club	Clubs	Golf - Academy	Sports
Football - Multiple		EAL Mahjong Club	Clubs	Hockey - Multiple	Sports
French for bilinguals	•	Films about Film	Arts	Horse Riding	Sports
Gardening for Wildlife	Clubs	Football - Multiple	Sports	Jewellery Making Intermediate/Advanced	•
German A Level for Native Speakers		•	Sports	Jogging for Fun	Sports
Golf - Driving Range	Sports	Hockey - Multiple	Sports	LE Drop-in	Clubs
Hockey - Multiple	•	Horseriding - Showjumping	Sports	Legat	Arts
Italian GCSE and A level	•	Jogging for Fun	Sports	Music - Rock Band	Arts
Japanese for beginners		LE Drop-in	Clubs	Music Production	Arts
Jewellery Making for beginners	Arts	Legat	Arts	Netball	Sports
Jogging for Fun	Sports	Model UN	Clubs	Photography for all	Arts
Knit & Natter	Clubs	Music - Cabaret Concert Band	Arts	Private Study (U6 only)	Clubs
LE Drop-in	Clubs	Music Production	Arts	Sailing	Sports
Legat	Arts	Netball		Snooker	Sports
Mixed Martial Arts	Sports	Padel Tennis	•		Sports
Moment of Mindfulness	Clubs		Clubs	Swimming - Cane Swimming Swimming - Squad	•
	Arts	Private Study (U6 only)		Tennis Club	Sports
Music - Cabaret Singers		Research Chemistry			Sports
Music - Jazz Choir	Arts	Russian A level		Tennis Elite	Sports
Netball	Sports	Sailing	Sports	Weights & Fitness	Sports
Private Study (U6 only)	Clubs	Science fact or fiction	Clubs	Yoga Hatha begin/inter	Sports
Russian GCSE	Clubs	Swimming - Lane swimming	Sports	Zoology Society	Clubs
School Quiz Team	Clubs	Swimming - Squad	Sports		
Sewing, Craft & Dressmaking	Clubs	Tennis Club	Sports		
Spanish for bilinguals		Tennis Elite	Sports		
Spanish GCSE outside the timetable			Sports		
Swimming - Lane swimming	-	Weights & Fitness	Sports		
Swimming - Squad	Sports	Yoga Hatha begin/inter	Sports		
Tennis Club	•	Zoology Society	Clubs		
Tennis Elite	Sports				
Trail Biking	Sports				
	Clubs				
	Oluba				
UK Space Design Competition Warhammer/Geeky Games	Clubs				



