



**BOOTHAM
CHALLENGE**

Silver Award

Upper Schoolroom

Activities Brochure
Spring Term
2026

The Activities Programme

The following pages have your options for Activities this term.

You need to do a minimum of **three hours** of activities that are **not preps**. These could be in activity hour or in one of the other slots. Break, lunch and before school activities count as half an hour unless stated.

On nights where you are not doing an activity you may leave at 4pm. Boarders may return to your houses at 4:15pm.

Music Practice

On a night when you have not selected an activity you may sign up for a half an hour music practice slot. For the other half hour you will need to go to prep.

How to choose your activities.

1. Look through the list and find the activities you would like to do.
2. Once choosing starts (**Tuesday from 1:10pm**) login to the Portal and select your choices. There is a video showing you how on the Portal.
3. Make sure you save your choices and check that you have at least 3 hours of activities. (Preps do not count).
4. Look out for the confirmation email saying what activities you have.

When activities start there will be a list in the English Corridor showing which room your activities will be in.

All Activities need to be chosen by:

Thursday at 9:15



**BOOTHAM
CHALLENGE**

What is the Bootham Challenge?

The Bootham Challenge is to live life to the full, gaining skills across a wide range of disciplines. This award scheme allows you to demonstrate to others that you have these skills and also to challenge yourself to experience new things.

You are enrolled on the **Silver Award** and you have the whole of Upper Schoolroom to complete the challenge. The Bootham Challenge has seven categories.

Physical	Creative	Cultural	Skills	Volunteering and Service	Global Citizenship	Leadership
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Everything you do will score credits in one or more of the categories. This includes Activities, other School events and out of school hobbies.

To achieve the Silver Award you need to score 400 credits over the year across at least five of the categories.

Each activity has its credits shown in the following menu and you can add other evidence via the Student Portal using the link below. You can also check your current credits.

<https://booth.am/challenge>

Monday before school

Chamber Music

08:04-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Richard Allain
10 spaces

Creative	Cultural	Skills
4	3	3

Swim Training

Early morning swim training 7.30-8.30am. Top end speed training - short and sharp sessions geared to improve our swimming strength aimed at 50m events

Kerry Hammond
20 spaces

Physical	Skills
15	5

Monday morning break

Barbershop Group

See music staff for more information and to sign up

Music Staff
8 spaces

Creative	Cultural	Skills
4	3	3

Junior Flutes

See music staff for more information and to sign up

Alison Barrington
12 spaces

Physical	Creative	Cultural	Skills
2	3	2	3

Monday lunch

Music Theory

13:20-13:50. See music staff for more information and to sign up

Jack Mackenzie
10 spaces

Creative	Cultural	Skills
3	3	3

Senior Choir

13:20-13:50. All students are invited to join choir, regardless of experience. There is no audition process. Note, pupils will not be called for every Monday lunchtime as these will be sectional rehearsals

Richard Allain
40 spaces

Creative	Cultural	Skills
4	3	3

Monday Activity Hour

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

...
4 spaces

V & S
20

Azul Duel and Board Games with Sophie

Come and play one of the best boardgames EVER invented! Azul is a multi-award-winning game of tile placement - a bit like bingo but with ample opportunity to thrown your opponents under the bus. Come and duel at Azul and have a lovely time (other board games are available)

Sophie Morrison
24 spaces

Creative	Cultural	Skills
5	5	10

Card Games

Come along any play some classic card games with your friends

Will Lewis
20 spaces

Cultural	Skills
10	10

Chess

Chess fun with an experienced chess coach covering game analysis, puzzles, studies, opening theory, middle game planning and endgame technique. Work on your weaknesses and develop your strengths, as well as playing with friends old and new

Aaron Rich
24 spaces

Creative	Cultural	Skills
5	5	10

Global Crafts

Find out about and experiment making a range of crafts from different parts of the world, from origami from Japan, lanterns from Vietnam and China and dot paintings from Australia

Cat Campbell
12 spaces

Creative	Cultural	Skills	G C
5	5	5	5

Heritage Creatives

York is an ancient city full of stories and heritage, told through its landscape, buildings, and people. In these sessions, we will explore York's history through artistic and creative practise. In each session, we will review a different subject based around York's History, such as: The York Minster Doomsday Windows, York Ghost Stories, Guy Fawkes, Joseph Rowntree and more. We will use different creative techniques involving drawing, writing, poetry and art to explore these subjects and our relationship to them

Eleanor Stephenson

15 spaces

Creative	Cultural	Skills	G C
5	5	5	5

Pets Appreciation Society

This is a calm, hands-on session focused entirely on the maintenance and care of the Science Department's living collection. We need help to ensure everything is properly looked after, clean, and healthy. We will be getting stuck in with routine upkeep for: The Biology greenhouse, Bill (Giant African land snail), Rhubarb and Custard (Leopard geckos), and The two fish tanks. By invitation only activity

Liliya Brezina

11 spaces

Creative	Skills	G C
5	10	5

Rock Band

Two bands made up of singing, guitar, bass, keyboard and drum students learning to play and perform together. There will be a Junior band for a group of students in Lower, Middle and Upper Schoolrooms (grades 1-3) and a Senior band for a group in Seniors and College (grades 3-5+). We will focus on learning how to play as an ensemble, how to learn/teach songs as a group and performance practice, as well as of course preparing for concerts! Although the activity is called 'Rock Bands' this is just a starting point, and you will decide what genres of music you want to play.

Jake Adams

10 spaces

Creative	Cultural	Skills
5	5	10

Supported Prep

Come and get support with your prep from the Learning Support department. If oversubscribed, Learning Support students will be allocated a space first. This is a popular activity, so only sign up for it if you are able to regularly attend!

Jess White

8 spaces

Skills
10

U14/U15/U16/U18 Girls Football

Girls' football training (at York St John after half-term)

Kerry Hammond

24 spaces

Physical	Skills
15	5

Water Polo

Build up your stamina and fitness with this fun session. Each week you will learn fundamental skills such as water polo strokes, ball skills, target practice and matches

Michelle Gatenby

14 spaces

Physical	Skills
15	5

Tuesday before school

Chamber Music

08:40-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Richard Allain

10 spaces

Creative	Cultural	Skills
4	3	3

Indoor Cricket

Early morning cricket practice 7.45-8.45am

Keith Newell

16 spaces

Physical	Skills
15	5

Running and Fitness

Helen Wilkinson

12 spaces

This activity does not earn Bootham Challenge Credits

Swim Training

Early morning swim training 7.45-8.45am. Anaerobic training - Sessions aimed to improve our 100m race pace training, repetitions will be focused on front or back end speed aimed to improve our 100m race performance

Jacob Butterfield

20 spaces

Physical	Skills
15	5

Tuesday morning break

Aural - grades 1 - 3

See music staff for more information and to sign up

Richard Allain
10 spaces

Creative	Cultural	Skills
4	3	3

Oboe Trio

See music staff for more information and to sign up

Isabel Dowell
3 spaces

Creative	Cultural	Skills
4	3	3

Tuesday lunch

Jazz Band

13:20-13:50. See music staff for more information and to sign up

Richard Allain
30 spaces

Creative	Cultural	Skills
4	3	3

U14/15 Basketball

Ben Coxon
24 spaces

Physical	Skills
15	5

Tuesday Activity Hour

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

...
4 spaces

V & S
20

An Hour of Quiet and Calm

Do you want an hour of peace, quiet and calm at the end of a tiring day? This is a quiet activity where you can choose from a range of things you enjoy, such as jigsaws, crosswords, puzzles, mindful colouring etc

Anne Whittle
8 spaces

Creative	Skills
10	10

Arts and Crafts

Artsy fun and low pressure competitions with no arts skills required, focusing on a fun time! With activities ranging from card building contests to artsy challenges or just a relaxing time doing art

Clara Whitby
10 spaces

Creative	Skills
10	10

Bootham Flying School (Level 1)

4.15-5.15pm Level 1. Continuation of the Level 1 course, only select this option if you have already started Level 1. £30 per session.

Jim Polwarth
10 spaces
£30.00 per session

Creative	Skills	G C
5	10	5

Code Club

This is a space for creators to make their own way in code and make whatever they want to make in an environment that is not a lesson. With the help of mentors, creators use our free, step-by-step project guides to learn Scratch, Python, HTML/CSS, and more. We will also be taking part in activities such as ASTRO PI where you will write code that will be ran on the international space station!

Tom Lund
20 spaces

Creative	Skills	L
5	10	5

Creative Classics Club

Do you want more myths? Are you filled with a passion to create art around the stories from Greece and Rome? Do you yearn to build temples and the colosseum out of cardboard? Then come and join the Creative Classics Club!

Ellen Grindley
15 spaces

Creative	Cultural	G C
5	10	5

Debate

Debate is a space to share ideas, practice quick thinking, and build confidence in a relaxed setting. No experience needed — whether you’ve debated before or not, everyone’s welcome. Just come along and give it a go. Middle Schoolroom are welcome to join this activity, but are expected to do one of the compulsory Debate sessions in addition

Anais Weightman
12 spaces

Creative	Cultural	Skills	L
5	5	5	5

Dungeons and Dragons

All ages and experience levels welcome. If you’ve never played and always wondered... come and try it for a term and see what you think. Calling all DM’s – you know I can’t run this club without you!

Sophie Morrison
35 spaces

Creative	Cultural	Skills
5	5	10

Felting

Learn and develop needle felting and felt crafts in these beginner friendly and relaxed sessions, with mini projects you can take away and bigger pieces to work on over several sessions

Eleanor Stephenson
10 spaces

Physical	Creative	Skills
5	5	10

Fry Richardson Society of Mathematicians

Join Bootham's mathematical research and discussion society named after our famous old scholar. You will get the chance to see, debate and derive interesting mathematical (and related) topics and perhaps even have a few trips out to mathematical places

James Ratcliffe
15 spaces

Creative	Cultural	Skills	L
5	5	10	5

Fun Hands-On Biology for GCSE

Come and join a relaxed and practical science revision session to help you prepare for your GCSE exams.* Hands-on practicals: Enjoy activities that help the theory make sense.* Clear explanations: We'll go through the trickier topics together.* Q&A: Ask any Biology or Science questions you've been unsure about.* Practice papers: Pick up useful exam strategies from students who've already been through it.* Revision tips: Learn simple ways to study more effectively Bernice and Subhaan are two College students who have been exactly where you are. They've passed their exams successfully and are here to share helpful advice to support you through this challenge.The sessions are aimed at Seniors, but keen science students from the Upper Schoolrooms are welcome to join too

Liliya Brezina
15 spaces

Skills
10

Photography Club : Bootham Photo Walks

Come and discover the joys of walking outdoors in fresh air after school for your activity and make sure to capture the moments. In January and February, we can still play with the themes of darkness and cold but from early March we can enjoy watching nature and York waking up to Spring and appreciate slightly lighter days in the afternoon. We walk locally as a group, learn to respect our environment and the people around us in the city, all whilst taking pictures. We may stop for a quick hot chocolate fix on the way ! If the weather is not suitable, we go to MFL Media and look at the work of the most famous photographers in the world for inspiration.exhibition to celebrate your work. It is about you, expressing your individuality and how you see your school and its community

Vanina Meunier
6 spaces

Creative	Cultural	Skills
5	5	10

Relaxed EAL

Come and join us for EAL games, news and conversation. Develop your English skills in a supportive and fun environment. All international students are welcome!

Kelly McCarthy
12 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

Schoolrooms Production

With Katie Shaw and Andy Quarrell. This will be the second Schoolrooms production that the school has done after the great success of Peter Pan! The production will be a musical and will involve drama, singing, music and dance. All abilities are welcome in these areas and or school production in recent years has been a highlight of the school year. Definitely an experience you will remember

forever and not to be missed. Please note that school production runs on two different activity evenings (Tuesday and Frida and you will need to choose it for both

Katie Shaw

50 spaces

Physical	Creative	Cultural	Skills	
5	5	5	5	

Supported Prep

Come and get support with your prep from the Learning Support department. If oversubscribed, Learning Support students will be allocated a space first. This is a popular activity, so only sign up for it if you are able to regularly attend!

Cathy Pearce

8 spaces

	Skills	
	10	

U14/U15 Netball

In the Sports Hall in poor weather

Victoria White

30 spaces

Physical		Skills	
15		5	

Wednesday before school

Chamber Music

08:04-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Richard Allain

10 spaces

	Creative	Cultural	Skills	
	4	3	3	

Senior Brass

08:40-09:10. See music staff for more information and to sign up

Anna Marshall

12 spaces

	Creative	Cultural	Skills	
	4	3	3	

Wednesday morning break

Close Harmony Group

See music staff for more information and to sign up

Richard Allain

10 spaces

	Creative	Cultural	Skills	
	4	3	3	

Recorder Ensemble

See music staff for more information and to sign up

Tim Bayley

10 spaces

	Creative	Cultural	Skills	
	4	3	3	

Wednesday lunch

Clarinet Group

13:20-13:50. See music staff for more information and to sign up

Tim Bayley

10 spaces

	Creative	Cultural	Skills	
	4	3	3	

Schoolrooms Badminton / Mixed Netball

2nd half of lunch. Schoolrooms badminton until half-term, then mixed netball after half-term

Rachel Rogers

30 spaces

Physical		Skills	
8		3	

Technical Theatre - Beginner

Learn the basics and lay the foundations for moving on to working in Productions at Bootham and beyond. This is a continuation of the Autumn term programme

Luke Gilliver

8 spaces

Physical	Creative	Cultural	Skills	
5	5	5	5	

Wednesday Activity Hour

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

4 spaces

V & S	
	20

BEAST

We are going to continue exploring our Climate Action Plan and implementing new ideas into school. This term we will be focussing on Litter and Waste - hopefully this will involve a trip to Yorwaste's recycling plant to see where all our rubbish goes!

Claire Hollis
12 spaces

Creative	Skills	V & S	G C	L
3	3	5	10	5

Bootham Aerospace and Robotics Club

This is a creative space to explore rocket science and space travel. We look at how real missions from NASA and SpaceX work, then apply those ideas to our own projects. You can work on drones, rovers, satellite-style models and more using coding and 3D design tools, while also building the hardware. The club is open to anyone interested in the engineering or the science behind it, no prior knowledge required. Our projects will be inspired by real interplanetary challenges, to give them a purpose beyond Earth

Constantin Fussender and Chloe Molloy
15 spaces

Creative	Skills	G C
5	5	10

Bootham Junior Dance Company

The opportunity to learn how to work as a company, learn choreography, work on technique and prepare for performances

Jennifer Cooke
20 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

Bootham Taskmaster

Think you can outsmart, out-create, or out-weird the competition? Join our weekly Taskmaster Club, where you'll take on brilliantly silly — but surprisingly clever — challenges inspired by the hit show. Each week brings a new set of tasks that test your imagination, problem-solving skills, teamwork, and ability to keep a straight face. Expect friendly but competitive fun: building bizarre inventions, solving secret puzzles, creating mini masterpieces, completing sneaky missions, and attempting tasks that seem simple... until you try them

Beth Steer
20 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

Ceramics

Learn how to hand-build your own pottery and sculptures in clay. In this activity, we'll learn the basics to all clay construction and build both functional and non-functional objects

Eleanor Palmer
8 spaces

Creative	Skills
10	10

Knit and Natter (Crochet welcome too!)

Knitting, crochet and chat!

Emma Glover
8 spaces

Creative	Skills
10	10

Relaxed EAL

Come and join us for EAL games, news and conversation. Develop your English skills in a supportive and fun environment. All international students are welcome!

Jenny Adams
12 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

Technical Theatre - Advanced

Work with the department providing technical support for events and learning more skills along the way. Students must have completed the lunchtime beginners' course (Autumn and Spring term) in order to join this activity

Luke Gilliver
10 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

U14 Boys Football

Team training

Tom Bell
18 spaces

Physical	Skills
15	5

WHO Crew

Intense Jigsaw action paired intense Doctor Who watching. Are you up to the multi-task? All jigsawing abilities welcome – come along and hone your skill. We will be continuing our DW journey through the Eccleston season

Sophie Morrison

20 spaces

Creative	Cultural	Skills
5	5	10

Worldshapers: Craft-based Activism Edition!

Work as a team to learn all about this wonderful charity in Rajasthan, India! We will be planning, creating, marketing and selling products to help raise money and hopefully staging a Bollywood Event!

Claire Hollis

10 spaces

Creative	Cultural	Skills	V & S	G C
5	5	5	5	5

Thursday before school

Chamber Choir

08:00-09:10. See music staff for more information and to sign up

Jo Trevenna

12 spaces

Creative	Cultural	Skills
10	5	5

Gillygate Piano Duo

08:40-09:10. See music staff for more information and to sign up

Paul Feehan

2 spaces

Creative	Cultural	Skills
3	3	3

Thursday morning break

Aural - grades 4 - 5

See music staff for more information and to sign up

Richard Allain

10 spaces

Physical	Creative	Cultural	Skills
2	3	2	3

String Orchestra

See music staff for more information and to sign up

Paul Feehan

20 spaces

Physical	Creative	Cultural	Skills
2	3	2	3

Thursday lunch

Indoor 5 a side Football

Play football for fun against your friends. Everybody welcome! 2nd half of lunch

George Trifan

16 spaces

Physical	Skills
15	5

Schoolrooms Choir

12:50-13:20. See music staff for more information and to sign up

Jo Trevenna

30 spaces

Creative	Cultural	Skills
4	3	3

Uber Beats Percussion Group

13:20-13:50. See music staff for more information and to sign up

Tom Hudson

20 spaces

Creative	Cultural	Skills
4	3	3

Thursday Activity Hour

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

..

4 spaces

V & S
20

Bootham Flying School (Wings)

4.15-5.15pm Wings (beginner's). Students must complete a Wings course before progressing to Level 1. Please select this option if you are a complete beginner. £30 per session. Interested in becoming a pilot? Or just interested in aviation in general? Then the Flying Club is for you. Using a combination of informative classroom presentations and Microsoft Flight Simulators for hands-on practice, the Club can be a foundation for anyone interested in a career in aviation or flying as a hobby

Jim Polwarth

10 spaces

£30.00 per session

Creative	Skills	G C
5	10	5

Dungeons and Dragons (and Jewellery Makin

All ages and experience levels welcome. If you've never played and always wondered... come and try it for a term and see what you think. Calling all DM's – you know I can't run this club without you! Jewellery making too

Sophie Morrison

35 spaces

Creative	Cultural	Skills
5	5	10

First Aid for Beginners

Come and learn the basics of first aid. An essential course that everyone should do at some point

Alison Webster

12 spaces

Skills	V & S	G C	L
10	5	5	5

Model Aeroplane Club

Open to the existing members to continue with their aeroplanes. Please only select if you have already started your build

Will Gilbertson

8 spaces

Creative	Skills	G C
5	10	5

MUN - Model United Nations

Step into the role of global diplomats. MUN offers the opportunity to engage in debates and negotiations on a variety of current international issues

Joseph Butler

40 spaces

Skills	G C
5	15

Origami

Join us for a fun and relaxing activity looking at the Japanese art of paper folding. Welcome to beginners and enthusiasts alike

Max Lyons

15 spaces

Creative	Skills
10	10

Production Pit Band

Richard Allain

50 spaces

This activity does not earn Bootham Challenge Credits

Rubik's Cube Club

Bring your Rubik's Cube (or borrow one when you arrive) and join the fun! Whether you're looking to sharpen your skills, show off your speed, or learn how to solve the cube for the very first time, everyone is welcome. Challenge other enthusiasts in friendly races or simply enjoy discovering something new. Come twist, turn, and have a great time!

Mathew Aston

16 spaces

Physical	Creative	Skills
5	5	10

Supported Prep

Come and get support with your prep from the Learning Support department. If oversubscribed, Learning Support students will be allocated a space first. This is a popular activity, so only sign up for it if you are able to regularly attend!

Hannah Jorgensen

8 spaces

Skills
10

Swimming for Fitness and Fun

This session is designed to improve your stroke technique as well as building stamina and having fun through game based activities such as push hockey, deep sea treasure hunts and much more!

Michelle Gatenby

18 spaces

Physical	Skills
15	5

Thursday 5:15pm to 7pm

Bootham Flying School (Level 1)

5.15-6.15pm Level 1. Continuation of the Level 1 course, only select this option if you have already started Level 1. £30 per session..

Jim Polwarth

10 spaces

£30.00 per session

Creative	Skills	G C
5	10	5

Friday before school

Chamber Music

08:40-09:10. Please note that this activity is by invitation only, please see Richard Allain if you are interested

Paul Feehan

10 spaces

Creative	Cultural	Skills
4	3	3

Guitar Ensemble

08:40-09:10. See music staff for more information and to sign up

Jake Adams

6 spaces

Creative	Cultural	Skills
4	3	3

Friday morning break

Aural - grades 6 - 8

See music staff for more information and to sign up

Richard Allain

10 spaces

Creative	Cultural	Skills
4	3	3

Friday lunch

Senior Choir

13:20-13:50. All students are invited to join choir, regardless of experience. There is no audition process. Note, pupils will not be called for every Monday lunchtime as these will be sectional rehearsals

Richard Allain

40 spaces

Creative	Cultural	Skills
4	3	3

Friday Activity Hour

Activity Assistants

Take round the registers and generally assist running activities. You must be willing to commit and be ready to get plenty of exercise!

..

4 spaces

V & S
20

Beginners Fencing

Fencing is the best combination of mental and physical exercise possible. It teaches initiative, discipline, flexibility (both mental and physical), strategy and observation. It improves balance, timing and conditions the reflexes.

Donald Walker

30 spaces

£85.00 per term

Physical	Creative	Skills
10	5	5

Bootham Flying School (Wings)

4.15-5.15pm Wings (beginner's). Continuation of the Wings sessions from last term, please only sign up if you have already completed one term of the Wings course. £30 per session

Chris Herd

10 spaces

£30.00 per session

Creative	Skills	G C
5	10	5

Code Club

This is a space for creators to make their own way in code and make whatever they want to make in an environment that is not a lesson. With the help of mentors, creators use our free, step-by-step project guides to learn Scratch, Python, HTML/CSS, and more. We will also be taking part in activities such as ASTRO PI where you will write code that will be ran on the international space station!

Tom Lund

20 spaces

Creative	Skills	L
5	10	5

Cryptography Club

Crack some codes. Each week a new challenge will be set. Can you crack the codes to get into the safe and get the sweet sweet rewards?

James Ratcliffe

24 spaces

Creative	Skills
5	15

Japanese Language and Culture

This club is an exciting opportunity for students who would like to develop an interest in both the language and the culture of Japan. We will learn basic Japanese and experience Japanese culture such as Japanese calligraphy, manga drawing, J-pop and Japanese food. Students will have an opportunity to go to a Japanese cafe in York to order drink/sweet in Japanese. The club is funded by The Japan Foundation, London

Tomoko Ota

15 spaces

Creative	Cultural
5	15

Schoolrooms Production

With Katie Shaw and Andy Quarrell. This will be the second Schoolrooms production that the school has done after the great success of Peter Pan! The production will be a musical and will involve drama, singing, music and dance. All abilities are welcome in these areas and or school production in recent years has been a highlight of the school year. Definitely an experience you will remember

forever and not to be missed. Please note that school production runs on two different activity evenings (Tuesday and Frida and you will need to choose it for both

Katie Shaw
50 spaces

Physical	Creative	Cultural	Skills	
5	5	5	5	

Senior Orchestra

Senior Orchestra for students grade 3 and above

Richard Allain
80 spaces

	Creative	Cultural	Skills	
	10	5	5	

Swim Team Training

Top end speed training - short and sharp sessions geared to improve our swimming strength aimed at 50m events

Jacob Butterfield
28 spaces

Physical		Skills	
15		5	

Friday Evening

Intermediate / Advanced Fencing

5.15-7.15pm (pack up tea provided). Fencing is the best combination of mental and physical exercise possible. It teaches initiative, discipline, flexibility (both mental and physical), strategy and observation. It improves balance, timing and conditions the reflexes. This activity is straight after normal activities. You need to select prep or an activity in the first slot.

Donald Walker
16 spaces
£85.00 per term

Physical	Creative		Skills	
10	5		5	

Saturday before School

Swimming

Saturday morning 7.00-8.30am. Anaerobic and aerobic training - Sessions that will differentiate into 100 and 200m race training aimed at different swimmers and their racing events

Jacob Butterfield
20 spaces

Physical		Skills	
15		5	