BOOTHAM CHALLENGE

Gold Award

Upper Senior

Activities Brochure Spring Term 2026

The Activities Programme

The following pages have your options for Activities this term.

This term you are not required to do activities. You should keep up your school commitments (eg music, sport and drama) but you are also welcome to sign up for any other activities or prep sessions. On nights where you are not in an activity or prep you will need to go home at 4pm or back to boarding.

How to choose your activities.

Look through the list and find the activities you would like to do.

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.

Make sure you save your choices and check that you have at least 1 hour of activities. (Preps and orals do not count).

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

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 Gold Award and you have the whole of Seniors to complete the challenge. The Bootham Challenge has seven categories.

Physical	Creative	Cultural	Skills	Volunteering and Service	Global Citizenship	Leadership

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 Gold Award you need to score 300 credits over the year across least six 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

Senior Flutes

See music staff for more information and to sign up

Alison Barrington

3 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

1st XI Football Team Training

1st XI football team training for team members

George Trifan

18 spaces

Physical	Skills
15	5

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

Chemistry Club

A mix of practicals, problem solving activities and projects to find out more about Chemistry in the world around us

Lindsey Robertson

10 spaces

EARLY RELEASE

Creative	Cultural	Skills
5	5	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

Chinese A Level Preparation

Lessons for native speakers who wish to take the Chinese A level. This session runs from 4.15-5.45pm and full attendance is expected if you want to take the exam!

Candy Lam

12 spaces

Creative	Cultural	Skills	G C
5	5	5	5

Computer Science Support

A place for computer science students to get support with computer science work and studies

Tom Lund

20 spaces

This activity does not earn Bootham Challenge Credits

DT NEA Coursework

An opportunity to work on your NEA before the deadline

Matthew Parker

20 spaces

This activity does not earn Bootham Challenge Credits

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

Plaster Carving

Chip away at plaster to reveal a relief carving of your choosing and learn the fundamentals of sculptural carving. Great if you're interested in model making too

Eleanor Palmer

10 spaces

Creative	Skills
10	10

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

School Production - Seniors & College

West Side Story rehearsals. For existing cast members only. Please ensure that you select production on Mondays AND Thursdays

Andrew Quarrell

80 spaces

Physical	Creative	Cultural	Skills
5	5	10	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!

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

Michelle Gatenby

14 spaces

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

Physical	Skills
15	5

Monday 5:30pm to 6:45pm

Basketball

Andrew Bell

24 spaces

5.30-6.45pm Seniors & College basketball training

Physical	Skills
15	5

Tuesday before school

Chamber Music

Richard Allain

10 spaces

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

Creative	Cultural	Skills
4	3	3

Indoor Cricket

Keith Newell

16 spaces

Early morning cricket practice 7.45-8.45am

Physical	Skills
15	5

Psychology GCSE

Harriet Ennis

50 spaces

Students particiapting in this extra GCSE course have already been notified, please select Tuesday and Wednesday if you are doing Psychology GCSE

Creative	Skills
10	10

Running and Fitness

Helen Wilkinson

12 spaces

This activity does not earn Bootham Challenge Credits

Swim Training

Jacob Butterfield

20 spaces

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

Physical	Skills
15	5

Tuesday morning break

Aural - grades 1 - 3

Richard Allain

10 spaces

See music staff for more information and to sign up

Creative	Cultural	Skills
4	3	3

Oboe Trio

Isabel Dowell

3 spaces

See music staff for more information and to sign up

Creative	Cultural	Skills
4	3	3

Tuesday lunch

Jazz Band

Richard Allain

30 spaces

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

Creative	Cultural	Skills
4	3	3

Tuesday Activity Hour

An Hour of Quiet and Calm

Anne Whittle

8 spaces

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

Creative	Skills
10	10

BJS Development Squad Swim Training

Jacob Butterfield

4 spaces

V & S	L
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

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

GCSE Art Prep

A really important opportunity for GCSE Art students to access extra support from the Art department as they work on their portfolios. For students who may find it difficult to complete prep at home or who need extra time and materials to catch up with missed work. Especially useful for Upper Seniors

David Swales

16 spaces

This activity does not earn Bootham Challenge Credits

ISSP Astronomy GCSE

ISSP Atronomy class. The group is already set up so is not available for new students

Mike Shaw

20 spaces

Creative	Skills
3	7

Photography Club : Bootham Photo Walks

Vanina Meunier

6 spaces

Creative	Cultural	Skills
5	5	10

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

Relaxed EAL

Kelly McCarthy

12 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

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!

Supported Prep

Cathy Pearce

8 spaces

Skills
10

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!

Wednesday before school

Chamber Music

Richard Allain

10 spaces

Creative	Cultural	Skills
4	3	3

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

Senior Brass

Anna Marshall

12 spaces

Creative	Cultural	Skills
4	3	3

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

Wednesday morning break

Close Harmony Group

Richard Allain

10 spaces

Creative	Cultural	Skills
4	3	3

See music staff for more information and to sign up

Recorder Ensemble

Tim Bayley

10 spaces

Creative	Cultural	Skills
4	3	3

See music staff for more information and to sign up

Wednesday lunch

Clarinet Group

Tim Bayley

10 spaces

Creative	Cultural	Skills
4	3	3

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

Wednesday Activity Hour

BEAST

Claire Hollis

12 spaces

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

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!

Bootham Aerospace and Robotics Club

Constantin Fussender and Chloe Molloy

15 spaces

Creative	Skills	G C
5	5	10

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

Bootham Taskmaster

Beth Steer

20 spaces

Physical	Creative	Cultural	Skills
5	5	5	5

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

Ceramics

Eleanor Palmer

8 spaces

Creative	Skills
10	10

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

Club Volleyball

Abbie Davison

30 spaces

Physical	Skills
10	10

A great way to spend an hour practicing drills and skills. Lots of competitive matches and tournaments! Any ability welcome

DT Coursework Support

Eamonn Molloy

15 spaces

This activity does not earn Bootham Challenge Credits

Support with NEA EM's class only

Improvised Musical

Oliver Lawery

10 spaces

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

Rehearsals for an improvised musical for charity later in the year, musicians and actors are both welcome, please speak to Oliver or Gus before signing up

ISSP Astronomy GCSE

Mike Shaw

20 spaces

Creative	Skills
3	7

ISSP Atronomy class. The group is already set up so is not available for new students

Knit and Natter (Crochet welcome too!)

Emma Glover

8 spaces

Creative	Skills
10	10

Knitting, crochet and chat!

Medical and Dental School Programme

Kathryn Buchard

12 spaces

Creative	Cultural	Skills
5	5	10

Bootham's Medical and Dental School Programme has got everything you need to get started: Gain understanding of what a medical/dental career is really about: learn what it's like to be a doctor/dentist and the different paths you can take. UCAT prep made easy: tips, tricks, and strategies to prepare for the UCAT exam. Master your interviews: practice for both traditional and MMI interviews so you can feel confident. UCAS support: from writing an impressive personal statement to choosing the right medical/dental schools for you. Find work experience: We'll help you to identify placements to boost your application. Talk medicine with others like you: Opportunities to debate medical ethics, the latest health issues, and meet future med students like yourself

Psychology GCSE

Students particiapting in this extra GCSE course have already been notified, please select Tuesday and Wednesday if you are doing Psychology GCSE

Harriet Ennis

50 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

The Reading Lab

Exploring literary and non-fiction texts in order to support, develop and enhance a range of skills required for English GCSE & A-Level (as well as other writing based & humanities subjects)

Helena Landau

8 spaces

Creative	Skills
10	10

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

U16 Netball

2nd half of lunch

Victoria White

30 spaces

Physical	Skills
8	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

Bootham Flying School (Wings)

Jim Polwarth

10 spaces

£30.00 per session

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

Creative	Skills	G C
5	10	5

Dungeons and Dragons (and Jewellery Makin

Sophie Morrison

35 spaces

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

Creative	Cultural	Skills
5	5	10

First Aid for Beginners

Alison Webster

12 spaces

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

Skills	V & S	G C	L
10	5	5	5

GCSE Art Prep

Emily Harper-Gustafsson

20 spaces

Additional practical studio time and teacher support for GCSE Art students

This activity does not earn Bootham Challenge Credits

MUN - Model United Nations

Joseph Butler

40 spaces

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

Skills	G C
5	15

Origami

Max Lyons

15 spaces

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

Creative	Skills
10	10

Production Pit Band

Richard Allain

50 spaces

This activity does not earn Bootham Challenge Credits

Rubik's Cube Club

Mathew Aston

16 spaces

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!

Physical	Creative	Skills
5	5	10

School Production - Seniors & College

Andrew Quarrell

80 spaces

West Side Story rehearsals. For existing cast members only. Please ensure that you select production on Mondays AND Thursdayson Mondays AND Thursdays

Physical	Creative	Cultural	Skills
5	5	10	5

Supported Prep

Hannah Jorgensen

8 spaces

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!

Skills
10

Swimming for Fitness and Fun

Michelle Gatenby

18 spaces

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!

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

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

In the News

A chance to consider current affairs with a focus on politics and the economy. We will be watching TV news, reading and discussing and aiming to make sense of the world around us

Helen McPherson

15 spaces

Cultural	Skills	G C
5	5	10

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 ofJapan. W 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

Pocket Park

Help to boost the biodiversity in your local area. We will be gardening in the green space opposite sainsbury's and you will learn to design and care for a garden. Great skills for life!

Felix Cardwell

8 spaces

Physical	Creative	V & S	G C
5	5	10	10

Senior Orchestra

Senior Orchestra for students grade 3 and above

Richard Allain

80 spaces

Creative	Cultural	Skills
10	5	5

Seniors History Revision Session

Join our History Revision Session for a quick, focused recap of key topics and exam tips. Perfect prep to boost your confidence and ace your GCSEs! Run by two History college students

Anais Weightman and Annie McDermott

10 spaces

This activity does not earn Bootham Challenge Credits

Strength & Conditioning Training

Developing physical attributes to promote increased athletic performance and recovery

Jake Duckworth

20 spaces

Physical	Skills
15	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