

# Activities

Years 7 and 8 Michaelmas Term 2023





Dear Parents and pupils,

The co-curricular life of our pupils at Hurst Senior Prep School is important to us. We encourage all pupils to try new skills and activities, not only for the sense of wellbeing, achievement and fun they bring, but also because they facilitate the development of many life skills.

In this booklet you will find an extensive list of activities available this term. These offer our pupils the chance to sample a variety of academic, physical and creative options. There are also other opportunities to engage in the wider co-curricular programme with a large number of sports fixtures, drama productions and music concerts throughout the year, plus musical instrument tuition, LAMDA and Royal Academy of Dance (RAD) Ballet lessons.

Please sign up for all activities via the Parent Portal, with the exception of activities that are indicated as invitation only.

We are confident that every child will find something that they enjoy and be able to take advantage of the wonderful opportunities on offer at Hurst Senior Prep.

Simon Lilley Head of Senior Prep School



# Mondays

#### **Athletics**

**Year 7** (plus Year 6 from Junior Prep)

# Mondays | 4.30pm - 5.30pm | Field

Develop the foundation, skills and movement for running, jumping and throwing. Meet outside by the Moore Hall. Runs until half term.

Pupil numbers: 12 max

Staff contact: John Clements john.clements@hppc.co.uk

# **Cricket Coaching**

**Years 7 and 8** (plus Years 5 and 6 from Junior Prep) - invitation only

#### Mondays | 4.30pm - 5.55pm | Astro/Sports Hall

Small group cricket coaching. Meet outside by the Moore Hall.

Pupil numbers: 20 max

Staff contact: Benjamin Dewey and Kristina Money

benjamin.dewey@hppc.co.uk kristina.money@hppc.co.uk

# Drama (Year 7)

#### Year 7

#### Mondays | 4.30pm - 5.15pm | Prep Drama Room

Fun drama games and activities.

Pupil numbers: 16 max

Staff contact: Rose.Hall-Smith rose.hall-smith@hppc.co.uk

# DT Electronics - Steady Hand Game

#### Year 8

#### Mondays | 5.15pm - 5.55pm | DT2

Learn about electronic components and circuits to create your own Steady Hand Game.

Pupil numbers: 12 max Staff contact: Ruth Brown ruth.brown@hppc.co.uk

# DT Woodwork - Noughts and Crosses

#### Year 7

#### Mondays | 4.30pm - 5.15pm | DT2

Learn new woodworking skills to create a wooden noughts and crosses board game.

Pupil numbers: 12 max Staff contact: Ruth Brown ruth.brown@hppc.co.uk

# Jazz Band

**Years 7 and 8** (plus Years 5 and 6 from Junior Prep)

# Mondays | 5.15pm - 5.55pm | Music School

A chance for jazz enthusiasts to play together in an ensemble. All instrumentalists welcome.

Staff contact: Mark Travers mark.travers@hppc.co.uk

# Leap Dance Company

#### Years 7 and 8

### Mondays | 5.15pm - 6.00pm | Moore Hall

Contemporary dance company creating works for the Prep School Dance Showcase. For this reason consistent attendance is required and if more than three consecutive sessions are missed the pupil's place in the Showcase will be forfeited.

Pupil numbers: 18 max Staff contact: Nicola Dominy nicola.dominy@hppc.co.uk

#### **Netball**

#### Years 7 and 8 (girls)

# Mondays | 4.30pm - 5.30pm | Netball Courts

All abilities welcome. Fun netball drills and match play. Meet outside by the Moore Hall.

Pupil numbers: 20 max

Staff contact: Kristina Money kristina.money@hppc.co.uk

# Mondays

# Ninjutsu

Beginners, white, red, yellow and orange belts

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

Mondays | 4.30pm - 5.15pm | Games Room

Children on Ninjutsu club lists will be carried over from the previous term. Please deselect on the Parent Portal if not required. Please note parents are required to give one term's notice of their child stopping Ninjutsu. Additional fees apply (cost varies termly, as indicated on the Portal).

Pupil numbers: 16 max

Staff contact: sussexbujinkan@gmail.com

# Ninjutsu

Blue belts

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

Mondays | 5.15pm - 5.55pm | Games Room

Children on Ninjutsu club lists will be carried over from the previous term. Please deselect on the Parent Portal if not required. Please note parents are required to give one term's notice of their child stopping Ninjutsu. Additional fees apply (cost varies termly, as indicated on the Portal).

Pupil numbers: 16 max

Staff contact: <a href="mailto:sussexbujinkan@gmail.com">sussexbujinkan@gmail.com</a>

#### Orchestra

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

Mondays | 4.30pm - 5.15pm | Music School

All orchestral instrumentalists of a Grade 1+ standard

are welcome to attend.

Staff contact: Corey Wickens <a href="mailto:corey.wickens@hppc.co.uk">corey.wickens@hppc.co.uk</a>

# Percussion group

**Years 7 and 8** (plus Years 5 and 6 from Junior Prep)

Mondays | 4.30pm - 5.00pm | Music School

A percussion group for committed drummers and pianists who enjoy playing in an ensemble.

Pupil numbers: 8 pupils max Staff contact: Mark Travers <u>mark.travers@hppc.co.uk</u>

# Simply Strings

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

Mondays | 10.35am - 10.55am | Music School

Violin, viola, cello and double bass players of all abilities are welcome to attend.

Staff contact: Corey Wickens

corey.wickens@hppc.co.uk

# Strength and Conditioning

Year 8 - invitation only

Mondays | 4.30pm - 5.55pm | Gym

Resistance, agility and speed training.

Staff contact: Benjamin Dewey and Kristina Money

benjamin.dewey@hppc.co.uk kristina.money@hppc.co.uk



# **Tuesdays**

#### Art Club

Year 8 - invitation only

Tuesdays | 4.30pm - 5.15pm | Prep Art Room

Building a Portfolio in preparation for Art Scholarship

applications.

Staff contact: Lucy Lane <a href="mailto:lucy.lane@hppc.co.uk">lucy.lane@hppc.co.uk</a>

# **Cross Country Running**

Years 7 and 8

Tuesdays | 4.30pm - 5.30pm | Field

Learn and practise technique for long distance running. Meet outside by the Moore Hall. Runs until half term.

Pupil numbers: 8 max

Staff contact: Philip Jacques <a href="mailto:philip.jacques@hppc.co.uk">philip.jacques@hppc.co.uk</a>

# Drama Club (Year 8)

Year 8 - invitation only

Tuesdays | 4.30pm - 5.15pm | PSDR

Preparation for Drama Scholarship applications, as well as rehearsals for a Year 8 studio play in the Summer term.

Staff contact: Mr Marcus Wilkinson marcus.wilkinson@hppc.co.uk

# French catch-up

Year 7

Tuesdays | 4.30pm - 5.15pm | PG2

Recommended for pupils who are new to French. A club for beginners learning the basics of French.

Pupil numbers: 20 max Staff contact: Alison Filkins alison.filkins@hppc.co.uk

# Improv Club

**Years 7 and 8** (plus Year 6 from Junior Prep)

Tuesdays | 12.20pm - 12.55pm | Music School

A chance for instrumental musicians to develop their

improvisation skills.

Pupil numbers: 8 pupils max Staff contact: Mark Travers <u>mark.travers@hppc.co.uk</u>

# **Music Theory**

Years 7 and 8

Tuesdays | 12.30pm - 12.50pm | MU001

For students wishing to improve their understanding of musical theory or are working towards a graded theory exam.

Pupil numbers: 8 pupils max Staff contact: Miss Usher saffron.usher@hppc.co.uk

# Ninjutsu

Second blue, purple, brown and black belts

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

Tuedays | 5.15pm - 5.55pm | Games Room

Children on Ninjutsu club lists will be carried over from the previous term. Please deselect on the Parent Portal if not required. Please note parents are required to give one term's notice of their child stopping Ninjutsu. Additional fees apply (cost varies termly, as indicated on the Portal).

Pupil numbers: 16 max

Staff contact: sussexbujinkan@gmail.com

#### Philosothon

Years 7 and 8

Tuesdays | 4.30pm - 5.15pm | PT05

Collaborative debating to gain deeper understanding of philosophical topics.

Pupil numbers: 16 max Staff contact: Martin Clay martin.clay@hppc.co.uk

# Propulsion Boys Dance Co.

Years 7 and 8 (boys)

Tuesdays | 5.15pm - 6.00pm | Dance Studio

Boys Physical Theatre, contact work, body conditioning, Pilates and Contemporary Dance. We work with, and alongside, Senior School boys.

Pupil numbers: 18 max Staff contact: Nicola Dominy nicola.dominy@hppc.co.uk

#### **Street Dance Crew**

#### Years 7 and 8

# Tuesdays | 4.30pm - 5.15pm | New Bury Foyer

A Street Dance crew creating works for the Prep School Dance Showcase. For this reason consistent attendance is required and if more than three consecutive sessions are missed then the pupil's place in the Showcase will be forfeited.

Pupil numbers: 18 max

Staff contact: Nicola Dominy nicola.dominy@hppc.co.uk

# **Tabletop Gaming**

#### Years 7 and 8

# Tuesdays | 4.30pm - 5.15pm | Physics 3

A club for those who want to focus on modelling, painting and playing tabletop games, such as Warhammer. Attendees MUST have prior experience. If your child is new to tabletop gaming but interested in joining, please email Mr Pocknell for advice on how to get started before signing up for the club.

Pupil numbers: 10 max

Staff contact: Oliver Pocknell oliver.pocknell@hppc.co.uk

# Woodland and Campcraft Skills

**Year 7** (plus Year 6 from Junior Prep)

# Tuesdays | 4.30pm - 5.30pm | Woodland School

A woodland and camperaft skills session, including fire building, cooking, dead hedging, building dens, exploring the flora and fauna and making items using wood such as whistles. Pupils should sign up for one term only.

Pupil numbers: 6 max

Staff contact: Christopher Filkins <a href="mailto:christopher.filkins@hppc.co.uk">christopher.filkins@hppc.co.uk</a>



# Wednesdays

# Ballet (Open Level)

Years 7 and 8

Wednesdays | 5.15pm - 6.00pm | Dance Studio

Open Level Ballet accessible to any pupil of

any ability.

Pupil numbers: 18 max

Staff contact: Caroline Ticktum caroline.ticktum@hppc.co.uk

# Flute Juice

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

Wednesdays | 10.35am - 10.55am | Music School

Flute ensemble for all flute players in all year groups.

Pupil numbers: 18 max

Staff contact: Ms Anne Hodgson anne.hodgson@hppc.co.uk

# Tap Dancing (Senior Prep)

Years 7 and 8

Wednesdays | 12.15pm - 1.00pm | Moore Hall

Open Level Tap accessible to any pupil of

any ability.

Pupil numbers: 18 max

Staff contact: Caroline Ticktum caroline.ticktum@hppc.co.uk





# **Thursdays**

#### Art Club

#### Years 7 and 8

# Thursdays | 5.15pm - 5.55pm | Prep Art Room

Work with a range of materials to develop art skills.

Pupil numbers: 16 max Staff contact: Jane Cross jane.cross@hppc.co.uk

# British Sign Language (BSL)

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

### Thursdays | 4.30pm - 5.15pm | PG1

Pupils will learn conversational BSL and a Sign Supported Language song to finish the term.

Pupil numbers: 4 min, 14 max Staff contact: Aly Llewellyn Slade aly.llewellynslade@hppc.co.uk

# **Climbing Club**

#### Years 7 and 8

### Thursdays | 4.30pm - 5.30pm | Climbing wall

Bouldering and climbing on the school climbing wall.

Pupil numbers: 4 min, 8 max Staff contact: Sarah Peach sarah.peach@hppc.co.uk

#### Cricket

#### Years 7 and 8 (boys and girls)

#### Thursdays | 4.30pm - 5.55pm | Astro/Sports Hall

Practise bowling and batting. Meet outside by the

Moore Hall.

Pupil numbers: 30 max

Staff contact: Benjamin Dewey and Kristina Money

benjamin.dewey@hppc.co.uk kristina.money@hppc.co.uk

#### **Greek Club**

#### Years 7 and 8

#### Thursdays | 12.30pm - 12.55pm | Location TBC

An exciting exploration into ancient Greek myth

and language.

Pupil numbers: 10 max

Staff contact: Tamsin Morton <a href="mailto:tamsin.morton@hppc.co.uk">tamsin.morton@hppc.co.uk</a>

# Heart of Hurst newspaper

**Years 7 and 8** (plus Years 3 to 6 from Junior Prep)

- invitation only

# Thursdays | 12.15pm - 12.45pm | PS111

A digital newspaper written by different year groups each term.

Staff contact: Zoe Taylor-West zoe.taylor-west@hppc.co.uk

# Light Lunch

#### Years 7 and 8

### Thursdays | 12.05pm - 12.55pm | Chapel

Engage in discussion about the Light of the World with a light buffet lunch.

Pupil numbers: 80 max

Staff contact: Janneke Blokland janneke.blokland@hppc.co.uk

#### Netball

# Years 7 and 8 (girls) - Long squad - invitation only Thursdays | 4.30pm - 5.55pm | Netball Courts

Year 7 and 8 A-team netballers are expected to attend. Meet outside by the Moore Hall. Netball trials will take place during games sessions at the start of the Michaelmas term.

Pupil numbers: 30 max Staff contact: Kristina Money <u>kristina.money@hppc.co.uk</u>

# **Swim Squad**

**Years 7 and 8** (plus Years 5 and 6 from Junior Prep)

- invitation only

# Thursdays | 4.30pm - 6.00pm | Swimming pool

Invitation to join the Swim Squad is by a swimming trial.

Staff contact: Anthony Gray <a href="mailto:anthony.gray@hppc.co.uk">anthony.gray@hppc.co.uk</a>



# Fridays

# Chapel Choir (Senior Prep School)

#### Years 7 and 8

# Fridays | 12.20pm - 12.55pm | Chapel

The Senior Prep School Chapel Choir will cover a range of musical genres and prepare performances to sing in chapel services and concerts.

Staff contact: Kate Bray kate.bray@hppc.co.uk

# Drama Club (Year 7)

#### Year 7

### Fridays | 4.30pm - 6.00pm | Various

Rehearsals for the Year 7 Drama production. Meet in the Prep Drama Room.

Staff contact: Jess Dinmore jess.dinmore@hppc.co.uk

# **Hockey**

# Years 7 and 8 (boys and girls)

# Fridays | 4.30pm - 5.55pm | South Astro

Hockey training with skills, drills and fun match play. Meet outside by the Moore Hall.

Pupil numbers: 50 max

Staff contact: Benjamin Dewey and Kristina Money

benjamin.dewey@hppc.co.uk kristina.money@hppc.co.uk

# Rugby

## Years 7 and 8 (boys)

#### Fridays | 4.30pm - 5.55pm | Field

A chance for pupils to practice their passing, kicking and tackling skills. Meet outside by the Moore Hall.

Pupil numbers: 50 max

Staff contact: Benjamin Dewey benjamin.dewey@hppc.co.uk

#### **Tennis**

**Years 7 and 8 (boys and girls)** (plus Years 5 and 6 from Junior Prep)

#### Fridays | 4.30pm - 5.55pm | Tennis Courts

Learn racket control, grip, basic strokes and fun game play. Meet outside by the Moore Hall.

Pupil numbers: 30 max

Staff contact: Benjamin Dewey and Kristina Money

benjamin.dewey@hppc.co.uk kristina.money@hppc.co.uk

# Waterpolo

Years 7 and 8 (plus Years 5 and 6 from Junior Prep)

# Fridays | 4.30pm - 5.30pm | Swimming pool

Pupils need to be competant and confident swimmers, able to treadwater and comfortable out of their depth.

Pupil numbers: 10 pupils min, 14 pupils max

Staff contact: Anthony Gray anthony.gray@hppc.co.uk

# Hurstpierpoint College

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