



FORRES SANDLE MANOR  
FORDINGBRIDGE

Co-Curricular  
Activities  
Summer Term

# Welcome to our Summer Term Co-Curricular Activities

Please take your time to look through the wide variety of activities on offer throughout the week and now including our Sunday trips. More information on how to sign up for these will come through to day parents next term, and these will be a limited number per trip.

All activities are signed up for on a termly basis and will be charged accordingly. Please make sure you follow the instructions on the email or attached video to ensure your child isn't signed up to a chargeable activity if this will present a problem.

Activities sign-up window is happening through SOCS and will be live at 08:00 (UK Time) on Sunday 17th March until 08:00 (UK Time) on Thursday 21st March.

Please note: After-school activities will begin on Wednesday 17th April and Saturday Enrichment on Saturday 20th April.

The last after school activity for the term will run on the 21st June and the last Saturday Enrichment on the 29th June.



FORRES SANDLE MANOR

FORDINGBRIDGE

# PRE PREP ACTIVITIES



# **Mondays 3.30 - 4.30pm**

**Activity**

**Price**

## **Gymnastics**

**£5 per session**

Come and improve your Gymnastics skills. Weekly sessions will progress you through a programme with set outcomes for each session. Instructors will help your child build confidence and tailor their instruction to your child's needs and ability level.

## **Wild Art**

**£5 per session**

Create beautiful pieces of artwork with our specialist arts tutor, Robyn Cheal. Learn how to use both traditional and experimental mediums and techniques to express yourself through art.

# **Tuesdays 3.30 - 4.30pm**

**Activity**

**Price**

## **Cookery Club (Years 1 - 2)**

Explore the world of cookery and learn what goes into your favourite dishes! During Cookery Club, children will utilise key skills such as weighing and counting, how to use cooking equipment safely and create delicious snacks, meals and desserts to take home, all while learning a skill that will stay with them for life.

## **Karate**

**£8 per session**

JH Action Academy is a family run martial arts club with over 40+ years experience.

Our dedicated instructors foster discipline, respect, and self-control. From beginners to advanced, our classes cater to all levels.

Experience top-quality instruction, character development, and mental focus. Build strength, boost confidence, and learn self-defence. Karate is more than a sport—it's a way of life.

Join our karate family and start your incredible journey.





## Wednesdays 3.30 - 4.30pm

Activity

Price

### Tea Club

Tea Club features a range of activities for children to enjoy in the afternoon.

## Thursdays 3.30 - 4.30pm

Activity

### Ballet

£12 per session

Children will learn to love dance, have fun and achieve their goal of becoming successful and happy dancers.

### Textiles (Years 1 - 2)

Produce creative and useful items during our popular Textiles activity with Mrs Carver. Children will learn both hand-stitching and machine stitching in a safe environment, together with other textile-crafting skills.

### Reading Club

Delight in stories and adventures with our after-school reading club. From picture books to fairy tales, young readers embark on magical journeys filled with imagination and wonder.

## Fridays 3.30 - 4.30pm

Activity

### Colouring Club

Join our after-school colouring club and let your creativity flow. With a variety of designs and colours to choose from, it's a chance to unwind and express yourself in vibrant hues.

### Football Fun

Experience the adrenaline rush of football after school. From dribbling to shooting, hone your skills and compete in friendly matches. Join us for an action-packed session of teamwork and goal-scoring fun.



FORRES SANDLE MANOR  
FORDINGBRIDGE

# PREP ACTIVITIES

# Co-curricular Activities Summer Term 2024

## Mondays

**Activity**

**Year Group**

**Price**

**Guides**

**Y6 - 8 Girls**

**£30 per term  
+Camp**

Be a part of the huge family of Girlguiding. 1st FSM Guides will choose from the wide range of badges, skills and activities covered by the six programme themes and have a LOT of fun completing the challenges.

**Maths Club**

**Y5 - 8**

Challenge yourself against Mr McEwan and your friends in different fun Maths Games and problem solving challenges.

**Air Rifle Shooting**

**Y3 - 8**

Embark on an adrenaline-fuelled journey with our air rifle shooting activity. Perfect your aim and feel the rush as you hit targets with precision. Whether you're a novice or a sharpshooter, it's an experience not to miss!

**Music Scholars  
Supervised Practice**

**(Invitation Only)**

Supervised Music Practice for Music Scholars (and invited guests)

**Science CE Prep**

**(Invitation Only)**

Preparation for the Science Common Entrance Assessments (Invite only)

**Sewing and Textiles**

**Y3 - 8**

Unravel your creativity in our sewing and textiles activity. Whether you're a beginner or a seasoned seamstress, let your imagination weave wonders!

**Gymnastics**

**Y3 - 8**

**£5 per session**

Discover the grace and strength within you through our gymnastics activity. From flips to balancing acts, unlock your potential while building flexibility and coordination. Join us for an exhilarating journey into the world of gymnastics!

## Wild Art

Y3 - 8

£5 per session

Create beautiful pieces of artwork with our specialist arts tutor, Robyn Cheal. Learn how to use both traditional and experimental mediums and techniques to express yourself through art.

## Pool Fun

Y3 - 8

Add a splash of fun to your after-school routine with our dynamic swimming activity! Glide through the water, play games, and enjoy a refreshing break with friends. It's the perfect way to unwind!

## Tuesdays

Activity

Year Group

Price

**Brownies**

**Y3 - 5 Girls**

**30 per term +  
Camp**

Come on an adventurous journey with your Brownie friends. You'll have lots of fun together and discover the world around you. You'll play lots of games, be creative, learn new skills, try new hobbies and have outdoor adventures. Put it all together and start earning badges, too. And it's Brownie Camp term! (£30/term; not including camp costs)

**Languages CE prep**

**(Invitation Only)**

Compulsory attendance for pupils intending to take CE Spanish and French in Summer 2024. Non-CE students can still come to improve their linguistic skills as these sessions will alternate between Spanish and French from week to week.

**Computer Room Club Y3 - 8**

Relax and recharge in our after-school computer room. Whether it's homework or personal projects, enjoy a serene environment with tech access and ample space to work at your own pace.

**Golf**

**Y3 - 8**

**£12 per  
session**

Unlock the golfer within! Our after-school program introduces kids to the joys of golf with expert guidance and age-appropriate activities. Whether they're future pros or just starting out, there's something for everyone on the course!



## Activity

## Year Group

## Price

### Mindfulness

Y3 - 8

Have you ever felt like you need some time out for reflection? If so, then come and participate in activities to improve your mental clarity and well being.

### Athletics Club

Y3 - 8

Elevate your game after school with our athletics activity! Prepare for sports day glory with running, jumping, and throwing drills. Join us for an action-packed session to unleash your inner athlete!

### Karate

Y3 - 8

£8 per session

JH Action Academy is a family run martial arts club with over 40+ years experience. Our dedicated instructors foster discipline, respect, and self-control. From beginners to advanced, our classes cater to all levels. Experience top-quality instruction, character development, and mental focus. Build strength, boost confidence, and learn self-defence. Karate is more than a sport—it's a way of life. Join our karate family and start your incredible journey.

### Athletics Club

Y3 - 8

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### Riding

Y3 - 8

£36 per session

Saddle up for after-school adventures at Arniss Riding School! Explore scenic trails, learn riding techniques, and bond with our gentle horses. Join us for a magical journey through the world of equestrianism. Parents must have completed the attached Registration Form: <https://arniss-equestrian.ecpro.co.uk>

# Thursdays

Activity

Year Group

Price

## Comic Book Club

Y3 - 8

Want to create your very own Superhero? Want to put them in your very own comic book? Or maybe you'd like to bring your own graphic novels in and share them with friends at the end of a busy day, or colour in some pictures of your favourite caped crusaders... At Comic Book Club you can make the activity your own!

## Lego Education Robotics Club

Y3 - 8

This exciting club offers students the opportunity to explore robotics, engineering, and computer science through hands-on, creative projects using Spike Prime LEGO robotics kits. Join us as we embark on a journey of innovation, collaboration, and discovery. Get ready to build, code, and unleash your imagination with LEGO Education Robotics

## Cubs

Y3 - 6

£30 per term

Join our after-school Cubs activity for an adventure-filled escape! Discover new skills, make friends, and embark on thrilling journeys. With games, crafts, and more, every Thursday promises excitement!

## Multi-Sport

Y3 - 8

Experience the thrill of multiple sports in our after-school activity! From dodgeball to cricket, there's something for everyone. Join us for an action-packed afternoon of fitness, teamwork, and fun!

## Pool Fun

Y3 - 8

Add a splash of fun to your after-school routine with our dynamic swimming activity! Glide through the water, play games, and enjoy a refreshing break with friends. It's the perfect way to unwind!

## Tennis

Y3 - 8

Serve up some fun after school with our tennis activity! Improve your skills whilst enjoying friendly matches with fellow players. Join us on the court for an ace time!

Activity

Year Group

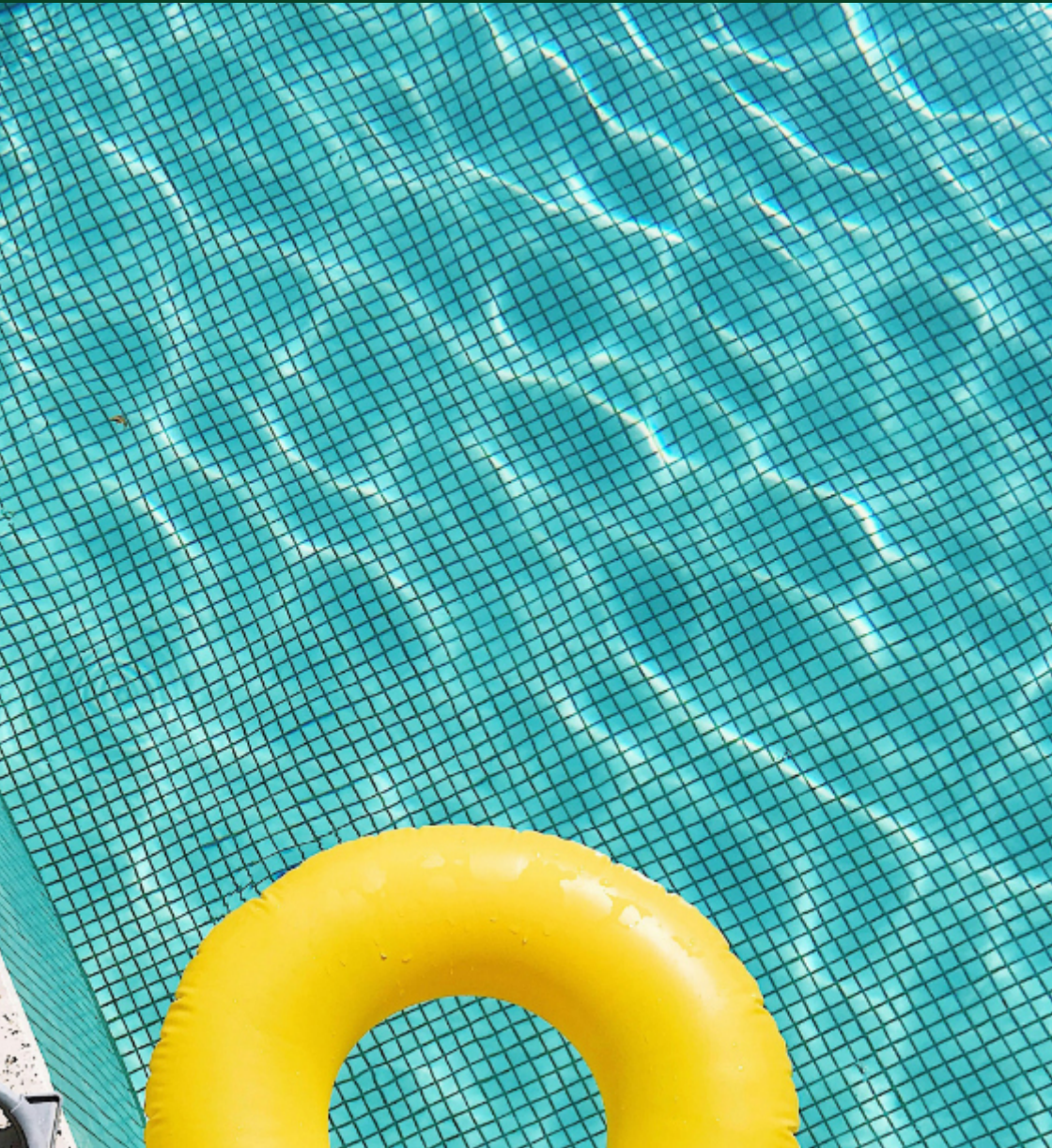
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# Fridays

**Activity**

**Year Group**

**Price**

## Book Club

**Y3 - 8**

Do you love reading and want to devour new and exciting books? Do you enjoy talking about books with other people? Come to the library and we will chew over some fantastic fiction together in our new book club.

## Pool Fun

**Y3 - 8**

Add a splash of fun to your after-school routine with our dynamic swimming activity! Glide through the water, play games, and enjoy a refreshing break with friends. It's the perfect way to unwind!

## Supervised Music Practice Club

**Y3 - 8**

Supervised Music Practice for pupils in Year 3-8, this will include preparation for ABRSM exams and aural tests if necessary

## Pool Fun

**Y3 - 8**

Spend an hour practising your instrument or singing, in preparation for your next concert, exam or simply for the fun of learning!

## Rounders Fun

**Y3 - 8**

Have fun & blow off some steam at the end of the week playing the quintessential game of the English summer!





FORRES SANDLE MANOR

PREP SATURDAY  
ENRICHMENT  
ACTIVITIES

We run two double sessions for Years 3-8. The first from 9.00am – 10.30am and the second from 11.00 – 12.30pm. Lunch will begin at 1.00pm for boarders who are staying in over the weekend. Mr Humphreys will run activities for boarders in Y6 and below on Saturday afternoons, along with the boarding team. Boarders in Y7 & 8 will be allowed to go into Fordingbridge in small groups during this time, if they wish or may join the activities

## Session 1 (9.00am – 10.30am)

**Adventure Activities** - Sail into the weekend with Spinnaker Sailing Club's Saturday morning sessions! From beginners to seasoned sailors, embark on a journey of skill-building and fun. Join us for a morning of wind, waves, and wonder!  
Alternative adventure activities will be offered on 20th April and 11th May due to races being held at the Sailing Club. **Cost £175 per term.**

**Seussical Rehearsals** – Dr. Seuss comes alive on Saturday mornings at our rehearsals! Join the fun as we sing, dance, and rehearse Seussical magic. From the Jungle of Nool to Whoville, it's a Seussian adventure like no other!

**Drama** - Step into the spotlight on Saturday mornings with our drama activities! Develop performance skills, express yourself through acting exercises, and collaborate with peers in a welcoming and encouraging environment.

**Pool Fun** - Add a splash of fun to your after-school routine with our dynamic swimming activity! Glide through the water, play games, and enjoy a refreshing break with friends. It's the perfect way to unwind!

**DT** – Spend the morning in the workshop with Mr Jarvis honing your design and building skills as you work on a variety of projects throughout the term.

**Archery** – Ready, aim, fire! Dive into the ancient art of archery with Wild Edge's Saturday Enrichment club. Master the bow, hone your skills, and unleash your inner marksman. Join us for a target-tapping thrill! **Cost £125 per term.**





# Session 2 (11.00am – 12.30pm)

**Cookery (Y3 - 8)** - Either start or continue to master your cookery skills in the kitchen with a variety of different recipes throughout the term.

Cost - £7 per session.

**Extra English** - Elevate your English skills on Saturday mornings with our extra English sessions! Dive into grammar, expand your vocabulary, and hone your speaking and writing abilities in a supportive and engaging environment.

**Pool Fun** - In this session, Mr Jarvis will explore a wide range of techniques and resources with the children, to help our budding artists grow!

**Art** - Unleash your inner artist on Saturday mornings with our creative art activities! From painting to sculpture, explore various mediums and techniques in a vibrant and supportive environment. Let your imagination run wild!



# Sunday Trips



21/04/24 Sandbanks Beach



28/04/24 Indoor Skate Park (4 - 6pm)



12/05/24 New Forest Geocaching



19/05/24 Twycross Zoo



09/06/24 Hengistbury Head



23/06/2024 Splashdown

30/06/2024 On Site End  
of Term Party



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