



FORRES  
SANDLE  
MANOR  
FORDINGBRIDGE

# Co-Curricular Activities

# FSM





# Welcome to our Autumn Term

# CO-CURRICULAR ACTIVITIES

At Forres Sandle Manor, learning doesn't end in the classroom. Our co-curricular programme is a vibrant and important part of school life, offering pupils the chance to try something new, pursue existing interests, and develop skills that last a lifetime.

Pupils in Years 7 to 10 select a Senior Enrichment activity each morning from 8.50am to 9.35am.

In Pre Prep (Reception to Year 2), pupils can choose an after-school activity from 3.45pm to 4.30pm, or take part in our relaxed Stay & Play session. Wraparound Care is also available until 6.00pm.

For pupils in Prep and Seniors (Years 3 to 10), a wide range of after-school clubs runs from 4.35pm to 5.30pm, with school buses departing at 5.30pm. Boarders are encouraged to make the most of the opportunities available and are expected to take part in an after-school activity each day.

Please take a moment to explore what's on offer. Every activity is chosen to help pupils grow - whether by building confidence, encouraging teamwork, or simply discovering the joy of learning something new.

Activities are signed up for termly and charged accordingly. We look forward to another busy term of discovery, enjoyment, and enrichment.







# SENIOR ENRICHMENT

Every weekday 8.50am - 9.35am  
Years 7 - 10

At Forres Sandle Manor, we believe in nurturing each child's unique potential - inspiring curiosity, resilience, and a lifelong love of learning. Our Senior enrichment programme is carefully designed to support academic achievement alongside social, emotional, and creative growth.

With a broad range of activities on offer - from arts and sciences to sport and leadership - our enrichment provision helps pupils explore new interests, develop confidence, and build valuable life skills beyond the classroom.

As pupils move from Prep to Senior School, they will encounter fresh challenges and new opportunities to deepen their passions, take on leadership roles, and collaborate with peers across year groups.

We are committed to guiding every pupil on their journey to becoming curious learners, kind friends, and responsible citizens. We look forward to a term full of growth, discovery, and achievement.

# MONDAY

## PRE PREP PIONEERS

An opportunity for senior pupils to support the youngest members of our community. Through play, reading, and gentle guidance, this initiative encourage confidence, empathy, and leadership - building meaningful bonds across the school.

## SCIENCE & TECHNOLOGY SCHOLARS

INVITE ONLY

Exclusive to Science and Technology Scholars, this enrichment programme deepens knowledge through hands-on experiments, practical challenges, and collaborative problem-solving. Pupils receive tailored feedback and explore innovation in a supportive environment.

## BUDDING GARDENERS

Pupils learn to care for our school grounds, tending the Eco Garden, maintaining flower beds, and supporting our sustainability efforts. A rewarding way to connect with nature and take pride in the school environment.

## SENIOR CHOIR

Open to pupils in Year 7 and above, this non-auditioned choir performs regularly at school events and in the wider community. Pupils enjoy the joy of ensemble singing, with opportunities for leadership and personal growth.

## TEXTILES IN ART

A creative exploration of textile-based art using a variety of materials and techniques. Pupils develop skills in embroidery, felting, tie-dyeing and free-motion stitching as they produce imaginative and decorative pieces.

## SWIMMING THEN MOVEMENT MONDAY

Pupils enjoy weekly swimming sessions during the first half of term, followed by movement-based fitness and coordination activities after half term. A fun and active club designed to build confidence and physical wellbeing.

## DANCE COMPANY TECHNIQUE

A structured class focused on developing core dance skills including strength, control, and flexibility. Pupils work on technique and performance quality in a supportive environment, with progression at all levels.

## F1 IN SCHOOLS

YEARS 7-9

A dynamic STEM-based activity where teams design, build, and race miniature F1 cars. Pupils gain experience in engineering, collaboration, and creative problem solving - with the chance to compete at regional level.





# TUESDAY

## ART SCHOLARS

INVITE ONLY

This programme is designed to support FSM Art Scholars in developing their portfolios and refining key techniques. Pupils explore a wide range of media and global artistic styles, while deepening their creative confidence and personal expression.

## BOYS DANCE COMPANY

This structured dance class is tailored specifically for boys and focuses on core skills including control, strength, flexibility, and performance. Taught in a positive and supportive environment, it encourages pupils to build their technique and confidence, whatever their starting point.

## CREATING MEDIA

Through our Creating Media Club, pupils learn to write, record, and edit their own broadcasts. Working as a team, they gain valuable experience in digital storytelling, while developing communication skills and creativity – a fantastic way to become part of the school's voice.

## FSM RUN

Open to all ability levels, FSM Run offers a fun and inclusive way for pupils to stay active, build fitness, and enjoy the outdoors. Individual progress is tracked weekly, giving pupils a tangible sense of achievement as they set and reach their own goals.

## JUNIOR SPORTS LEADER AWARD

Led by Mr Hancock, this in-house leadership award helps pupils grow in confidence while learning to plan and run physical activity sessions. It's a fantastic opportunity for pupils to develop teamwork, communication, and responsibility through sport.

## LEVEL 2 STUDENT FIRST AID

This nationally recognised course teaches pupils essential first aid techniques, from CPR to wound care and emergency responses. Delivered in a hands-on and age-appropriate way, it equips pupils with practical knowledge and the confidence to respond in real life situations.

## MAKE:ABLE

In this enrichment activity, pupils take part in a national competition that challenges them to design and prototype assistive products for individuals with disabilities. It's a creative and inspiring way to apply problem-solving and design skills to real-world needs.

## SENIOR MUSIC ENSEMBLE

Open to any pupil learning an orchestral instrument (with some exceptions by invitation), this non-auditioned group performs at concerts and school events throughout the year. It's a brilliant way to develop ensemble skills, confidence, and a love of performance.

# WEDNESDAY

## DECODING & PROBLEM SOLVING

Pupils tackle a range of logic, code-breaking, and language-based challenges drawn from the UK Linguistics Olympiad. It's ideal for pupils who enjoy stretching their thinking and developing advanced problem-solving skills.

## DUKE OF EDINBURGH BRONZE

YEAR 9+

A chance for pupils to develop independence, teamwork, and resilience through volunteering, skills-building, and outdoor expeditions.

*Please note: Pupils must complete all three terms to gain the Bronze Award.*

## DUKE OF EDINBURGH SILVER

YEAR 10+

This next level of the DofE journey builds on the Bronze Award with longer expeditions and extended commitments – encouraging greater responsibility, confidence, and leadership.

*Please note: Pupils must complete all three terms to gain the Silver Award.*

## MATHS IN THE REAL WORLD

Pupils explore how maths connects with everyday life – from architecture and budgeting to sport statistics and technology. This enrichment helps pupils apply mathematical thinking in practical contexts, developing problem-solving skills and numerical confidence.



## PHILOSOPHY & WORLD EVENTS

A space for thoughtful discussion around current affairs, ethics, and big ideas. Pupils explore different viewpoints while building empathy, confidence, and critical thinking.

## PRE PREP PIONEERS

An opportunity for senior pupils to support the youngest members of our community. Through play, reading, and gentle guidance, this initiative encourage confidence, empathy, and leadership - building meaningful bonds across the school.

## ROBOTICS & CODING

A hands-on introduction to the world of programming and robotics. Pupils learn to build and code their own robots, encouraging logical thinking, creativity, and collaboration through a range of fun and engaging projects.



# THURSDAY

## BRONZE CREST AWARD

This nationally recognised award encourages pupils to think and work like scientists and engineers. Through hands-on investigations and independent projects, pupils develop curiosity, creativity, and commitment to STEM in a way that's both structured and inspiring.

## EXTENDED MATHS

YEAR 9+

Designed for pupils ready to stretch beyond the GCSE curriculum, this enrichment introduces advanced concepts and additional qualifications. It's ideal preparation for A-Level Maths and supports confident, ambitious learners in tackling more challenging problems.

## FSM NEWSPAPER

A chance for budding editors, reporters and photographers to collaborate on our pupil-led school newspaper. Covering school news, local stories and global events, this club develops research, writing and communication skills in a real world context.

## HOW WE READ THE WORLD

YEAR 9+

This discussion-based enrichment explores how current affairs, politics, climate issues, and media narratives shape our understanding of the world. Pupils are encouraged to think critically, question perspectives, and engage in respectful debate on complex topics.

## IDEA

This online award platform helps pupils develop key digital and enterprise skills, from coding to cybersecurity. Through independent, interactive challenges, pupils earn badges as they build confidence, creativity, and problem-solving abilities - ideal for those with an interest in technology and innovation.

## JUNIOR SPORTS LEADER AWARD

Led by Mr Hancock, this in-house leadership award helps pupils grow in confidence while learning to plan and run physical activity sessions. It's a fantastic opportunity for pupils to develop teamwork, communication, and responsibility through sport.

## PRODUCTION REHEARSALS

Set in a world where music is outlawed and individuality is suppressed, pupils will rehearse for our upcoming production of **We Will Rock You**. With big characters, iconic Queen songs, and high-energy scenes, this musical promises to be both fun and demanding.

*Please note: Pupils must sign up to both the enrichment and activity slots to take part in the production.*

## YOGA & MINDFULNESS

This morning session offers a calm, focused start to the day. Through yoga, breathing techniques, and simple mindfulness activities, pupils learn how to manage stress, improve concentration, and build emotional resilience.



# FRIDAY

## DEBATING & CURRENT AFFAIRS

For pupils with an interest in the world around them, our Debating and Current Affairs Club offers the chance to explore big ideas and current global issues in a supportive, structured setting. Pupils will learn how to express opinions clearly, argue respectfully, and develop confidence in public speaking - Valuable skills for school and beyond.

## ROBOTICS & CODING

A hands-on introduction to the world of programming and robotics. Pupils learn to build and code their own robots, encouraging logical thinking, creativity, and collaboration through a range of fun and engaging projects.

## GLOBAL EXPLORERS

This immersive enrichment uses the Lyfta learning platform to introduce pupils to real-life stories from around the world. Through short films and interactive experiences, pupils discover different cultures, languages, and perspectives - helping them to understand resilience, empathy, and the power of global citizenship.

## PRE PREP PIONEERS

An opportunity for senior pupils to support the youngest members of our community. Through play, reading, and gentle guidance, this initiative encourage confidence, empathy, and leadership - building meaningful bonds across the school.

## SENIOR ECO COUNCIL

Our Eco Council is a chance for older pupils to take real ownership of environmental initiatives at FSM. As part of our drive to achieve Green Flag status, pupils will lead projects, shape our school wide Eco-Code, and encourage sustainable habits across the whole community. A great fit for those who care about climate and want to take action.

## SPORTS SCHOLARS

INVITE ONLY

Tailored for those on our Sports Scholarship pathway, this programme helps pupils develop specific athletic and performance skills. Each week brings new challenges and personalised support, encouraging pupils to raise their game, grow in confidence, and stretch their sporting potential.



# WE WILL ROCK YOU





# SENIOR PRODUCTION

Friday 28<sup>th</sup> & Saturday 29<sup>th</sup> November  
7pm

Get ready to step into a world where music is banned, creativity is crushed, and everyone is forced to think, dress, and act the same... until a group of fearless rebels rises up to change everything!

Join Galileo and Scaramouche as they fight back against the evil Killer Queen and her army of enforcers in a thrilling quest to bring rock and roll back to life.

Packed with Queen's legendary hits like **Bohemian Rhapsody**, **We Are The Champions**, and of course **We Will Rock You**, this show is full of big characters, high-energy dance, laugh-out-loud comedy, and epic songs that will shake the walls of the DHH.

Do you have what it takes to help save the spirit of rock? Step into the spotlight and be part of this electrifying adventure.

*Please note that if you would like to be part of the production you must sign up to both slots (enrichment and activity).*



# PRE PREP

## Every weekday 3.45pm - 4.30pm, Reception - Year 2

In FSM's Pre Prep, we believe early childhood should be full of discovery, joy, and the freedom to explore. Our co-curricular programme is designed to spark curiosity, nurture creativity, and help every child grow in confidence - all within a caring and supportive environment.

Children in Reception to Year 2 can choose from a variety of fun and engaging after school activities each term. Activities run from 3.45pm - 4.30pm, with the option to stay on for Wraparound Care until 6pm. This offers flexibility for families and a familiar, friendly space for children to continue learning and playing after school.

Our enrichment programme offers:

**Choice and Exploration:** A wide selection of activities allows children to follow their interests, try new things, and begin building independence.

**Social and Emotional Development:** Group activities help children make friends, develop teamwork skills, and learn the value of collaboration.

**Comfort and Flexibility:** A gentle structure to the afternoon supports children's routines, while Wraparound Care provides flexibility for busy families.

Enrichment in Pre Prep is all about nurturing curiosity and confidence - helping every child to feel happy, supported, and ready to thrive.

# MONDAY

## GYMNASTICS

£9.60  
PER SESSION

Children develop strength, flexibility, and coordination through a structured programme of gymnastics skills, led by our fantastic new coach, Harriet. With years of experience and a passion for helping children thrive, Harriet brings expert support and energy to every session. Pupils explore movement and balance in a fun, active, and supportive environment.

## WILD ART

£12  
PER SESSION

Led by specialist art teacher Robyn Cheal, children will explore a range of materials, techniques, and styles - building artistic confidence and discovering new ways to express their creativity.

## STAY & PLAY

FREE

A calm and welcoming space at the end of the school day. Children can enjoy a choice of quiet activities such as reading, puzzles, or small-world play, giving them time to unwind and recharge before home time.



# TUESDAY

## PRE PREP ECO CLUB

FREE

Children take an active role in caring for the environment - creating bug hotels, developing our school Eco-Code, and leading eco-friendly projects across the Pre Prep. A hands on way to learn about sustainability and make a difference.

## BOARD GAMES & LEGO

FREE

Children develop teamwork, strategy and creativity through board games and LEGO construction. A relaxed, sociable session that encourages problem solving and imagination.

## STAY & PLAY

FREE

A calm and welcoming space at the end of the school day. Children can enjoy a choice of quiet activities such as reading, puzzles, or small-world play, giving them time to unwind and recharge before home time.





# WEDNESDAY

## FOOTBALL FUN

£6  
PER SESSION

These fun, inclusive sessions help children build confidence, develop coordination, and learn new skills on the pitch - guided by an experienced coach in a supportive setting.

## PRE PREP COOKERY

FREE  
YEAR 1 & 2  
ONLY

Children discover the basics of cookery through age appropriate recipes and activities. Sessions focus on practical skills, such as measuring, counting, and following instructions, while creating simple dishes to take home and enjoy.

## STAY & PLAY

FREE

A calm and welcoming space at the end of the school day. Children can enjoy a choice of quiet activities such as reading, puzzles, or small-world play, giving them time to unwind and recharge before home time.





# THURSDAY

## KARATE

£9.60  
PER SESSION

An energetic introduction to martial arts, helping children develop balance, coordination, and self discipline. Taught by a qualified instructor, these sessions support confidence and physical development in a structured environment.

## TEXTILES

FREE  
YEAR 1 & 2  
ONLY

Children are introduced to hand and machine stitching through creative, guided projects. This activity develops fine motor skills, patience, and a sense of pride in producing something unique.

## STAY & PLAY

FREE

A calm and welcoming space at the end of the school day. Children can enjoy a choice of quiet activities such as reading, puzzles, or small-world play, giving them time to unwind and recharge before home time.



# FRIDAY

## PRE PREP DANCE COMPANY

FREE

Children explore movement and musicality through dance, learning simple routines and developing confidence in self expression. Sessions build coordination, rhythm, and a love of performance in a relaxed and encouraging space.

## DIGITAL EXPLORERS

FREE

YEAR 1 & 2  
ONLY

A gentle introduction to digital thinking and technology, now with an expanded focus on touch typing, coding, and digital creativity. Pupils take part in guided challenges to build early skills in logic, sequencing, mouse control, and digital painting - using age-appropriate tools in a fun and supportive setting.

## STAY & PLAY

FREE

A calm and welcoming space at the end of the school day. Children can enjoy a choice of quiet activities such as reading, puzzles, or small-world play, giving them time to unwind and recharge before home time.









# PREP & SENIORS

Every weekday 4.35pm - 5.30pm,  
Years 3 - 9

At Forres Sandle Manor, we focus on helping each pupil develop their strengths and interests with a sense of curiosity and resilience. Our Prep and Senior School co-curricular programmes complement academic learning by offering a broad range of activities that build skills, encourage teamwork, and expand horizons.

As pupils progress through the school, they'll face new challenges and opportunities to explore their passions, take on leadership roles, and connect with peers across different year groups.

We aim to support every pupil in becoming confident, capable, and thoughtful individuals ready for the next steps in their learning and life.

# MONDAY

## HOME LEARNING CLUB

FREE  
YEAR 7+

A dedicated session where Senior Day students (Year 7+) and Prep children (Years 3–6) who travel by bus can complete their homework in a supportive environment. Prep pupils require prior approval from [Mr Peak](#) to join.

## MUSIC PRACTICE CLUB

FREE

A quiet, structured space for pupils to practise their instrument independently. Ideal for those working towards ABRSM exams or looking to build regular practice into their week, with light supervision on hand if needed.

## SENIOR PRE-SEASON RUGBY

FREE  
YEAR 7+

This inclusive, skills-focused club helps pupils prepare for the rugby season with fun drills, teamwork, and match-play. It's a great opportunity to build confidence, fitness, and friendships on the pitch—whether you're new to the sport or aiming to improve.

## GOLF

£14.40  
PER SESSION

An after school programme introducing pupils to golf with expert coaching and age appropriate activities, suitable for beginners and more experienced players alike.

## MULTI-SPORTS

FREE

An energetic after-school club where pupils try a variety of sports including football, hockey, netball, cricket, and rounders. Sessions focus on teamwork, technique, and fun - building confidence and a love of sport in a supportive setting. Open to all abilities.

## PHOTOGRAPHY CLUB

£12  
PER SESSION

Pupils learn how to operate cameras, capture great images, and enhance their photos through editing. Pupils may bring their own cameras or use those provided by the school.



## PREP GYMNASTICS

£9.60  
PER SESSION  
YEARS 3-6

Children develop strength, flexibility, and coordination through a structured programme of gymnastics skills, led by our fantastic new coach, Harriet. With years of experience and a passion for helping children thrive, Harriet brings expert support and energy to every session. Pupils explore movement and balance in a fun, active, and supportive environment.

## PRODUCTION REHEARSALS

FREE  
YEAR 7+

Set in a world where music is outlawed and individuality is suppressed, pupils will rehearse for our upcoming production of **We Will Rock You**. With big characters, iconic Queen songs, and high-energy scenes, this musical promises to be both fun and demanding.

*Please note: Pupils must sign up to both the enrichment and activity slots to take part in the production.*

## NOVEL FILM CLUB

FREE  
YEAR 3-6

Film screenings of adaptations of classic and modern novels, followed by group discussions and reviews that encourage critical thinking and may inspire further reading.

## SENIOR SCIENCE CLUB

FREE  
YEAR 7+

Hands on science activities and experiments designed to engage older pupils, exploring topics such as survival skills and astronomy.

## GLOBETROTTERS

FREE  
YEARS 5+

Globetrotters invites pupils to explore a new country each week through food, music, language, and traditions. With fun, hands-on activities and a Globetrotter Passport to complete, pupils gain a broader understanding of global cultures in a lively and inclusive setting.

# TUESDAY

## NEW FOREST MYTHS & LEGENDS

**FREE**  
YEAR 4+

Step into the storytelling traditions of the New Forest. Pupils will explore its folklore through art, writing, and creative activities, discovering the magical tales woven into the woodland's history. A creative and imaginative club for curious minds.

## PREP DANCE COMPANY

**FREE**  
YEARS 3-6

For budding performers, this club mirrors a professional dance company with technique classes, rehearsals, and performance prep - helping pupils build skills, discipline, and stage confidence.

## PREP ECO CLUB

**FREE**  
YEARS 3-6

Pupils lead sustainability efforts around school, working towards Eco-Schools Green Flag status. From bug hotels to classroom eco audits, they'll drive meaningful change and learn environmental responsibility.

## PREP SEWING

**FREE**  
YEARS 3-6

A fun and creative club where children explore sewing through denim. From upcycling old jeans to creating accessories, pupils of all levels can learn new techniques and bring their ideas to life.

## RIDING

**£45.60**  
PER SESSION

Pupils can develop their riding skills at a nearby BHS-approved centre 'Arniss Equestrian'. Working towards BHS Challenge Awards, pupils gain confidence, learn horse care, and enjoy a tailored, non-competitive experience. Register here: <https://arniss-equestrian.ecpro.co.uk>

## SENIOR BOARD GAMES

FREE  
PER SESSION  
YEAR 6+

A relaxed and social club where pupils enjoy a variety of classic and modern board games. Ideal for developing strategic thinking and encouraging friendly competition, the club offers screen-free fun and the chance to connect with peers in a calm environment.

## SENIOR DT CLUB

FREE  
YEAR 7+

This practical club encourages pupils to design, build, and test creative projects using a range of tools and materials. From sketch to structure, pupils grow their problem-solving skills and enjoy the satisfaction of bringing ideas to life.

## SENIOR GYMNASTICS

£9.60  
PER SESSION  
YEAR 7+

Led by experienced coach Harriet, this club supports pupils in building strength, flexibility, and confidence. Open to all abilities, it provides a fun, safe space to learn new skills, work as a team, and enjoy being active.

## HISTORY OF ART

FREE  
YEAR 7+

Pupils explore key art movements, artists, and the cultural impact of visual creativity. Through discussion and discovery, they'll develop a deeper appreciation of art history—perfect for curious minds and budding creatives alike.

## PREP SWIMMING THEN MULTI-SPORTS

FREE  
YEARS 3-6

Pupils start the term with swimming, then enjoy a rotation of sports including football, tennis, and netball. Open to all abilities, this club encourages teamwork, confidence, and an active lifestyle.

## HOME LEARNING CLUB

FREE

A dedicated session where Senior Day students (Year 7+) and Prep pupils (Years 3-6) who travel by bus can complete their homework in a supportive environment. Prep pupils require prior approval from [Mr Peak](#) to join.

# WEDNESDAY

## CODE CLUB

FREE  
YEARS 3-6

Code Club introduces pupils to block-based programming through fun, interactive challenges. From animations to simple games, each session builds confidence and core coding skills in a supportive, creative environment. Ideal for beginners or those ready to take their next step in computing.

## CUBS

£4.80  
PER SESSION  
YEARS 3-5

Run in partnership with the Scouting movement, our after school Cubs club is full of hands on learning and fun. Pupils build confidence and teamwork through games, crafts, skills, and outdoor adventures.

## DANCE COMPANY PERFORMANCE

FREE  
YEAR 7+

Open to experienced dancers, this club mirrors the structure of a professional dance company. Pupils refine their technique, develop performance pieces, and take part in creative choreography sessions.

## SENIOR BOARDERS' CHILL OUT

FREE  
YEAR 9+

Year 9 boarders can enjoy some quiet downtime in the boarding house before supper. This gentle break offers space to relax, unwind, and catch up with friends in a calm and comfortable environment

## SENIOR FOOTBALL COACHING

£6  
PER SESSION  
YEAR 7+

Led by an experienced coach, these sessions help pupils improve their football skills, build teamwork and enjoy time on the pitch. Open to all abilities, it's a great opportunity to stay active, gain confidence, and enjoy the game in a supportive setting.

## HOME LEARNING CLUB

FREE  
YEAR 7+

A dedicated session where Senior Day students (Year 7+) and Prep children (Years 3-6) who travel by bus can complete their homework in a supportive environment. Prep pupils require prior approval from [Mr Peak](#) to join.

## MUSIC PRACTICE CLUB

FREE

A quiet, structured space for pupils in Years 3 to 9 to practise their instrument independently. Ideal for those working towards ABRSM exams or looking to build regular practice into their week, with light supervision on hand if needed.

## YOGA

FREE  
YEARS 6+

A calm and mindful start to the day. Pupils of all levels are welcome to take part in morning yoga sessions focused on flexibility, strength, and wellbeing. A great way to boost concentration and confidence for the day ahead.



# THURSDAY

## BROWNIES

**£4.80**

PER SESSION

YEARS 3-5

GIRLS ONLY

An opportunity to build friendships, try new skills, and earn badges in a fun, supportive environment. Brownies encourages independence and curiosity through games, creative tasks, and outdoor adventures—perfect for growing confidence and having fun along the way.

## COMIC BOOK CREATION

**FREE**

YEARS 3-6

A creative space for pupils to develop characters, sketch scenes, and tell stories through their own comic strips. A great way to boost drawing skills, imagination, and story telling.

## EARLY FRENCH GCSE

INVITE ONLY

An invite only session for those pupils working towards taking French GCSE early. Focused, high-level support to stretch and challenge able linguists.

## JUGGLING

**FREE**

YEARS 6+

A fun and active introduction to juggling. Pupils will develop coordination and confidence through juggling in a relaxed, and supportive setting.

## KARATE

**£9.60**

PER SESSION

Led by JH Action Academy, this club helps pupils develop self-discipline, confidence, and focus through karate. Open to all levels, it promotes strength and respect in a structured, supportive setting—and is a great way to build lifelong skills.

## MUSIC PRACTICE CLUB

**FREE**

A quiet, structured space for pupils to practise their instrument independently. Ideal for those working towards ABRSM exams or looking to build regular practice into their week, with light supervision on hand if needed.



## NETBALL

FREE

YEARS 5+

A fun, inclusive club to develop skills and confidence on the court. Whether new to the game or preparing for the season, pupils will enjoy energetic sessions focused on teamwork, movement, and match play.

## PREP ENSEMBLE

YEARS 3-6

Open to all orchestral players (and others by invitation), this group offers a chance to rehearse and perform regularly. It's a great way to build musical skills, confidence, and a love of ensemble playing.

## PREP RUGBY FUN

FREE

YEARS 3-6

These inclusive sessions offer younger pupils the chance to build rugby skills through fun games and drills. With a focus on teamwork and confidence, it's ideal for children who enjoy being active and learning through play.

## SKIING

£26.40

PER SESSION

Weekly sessions at Snowtrax with professional instructors. Pupils of all abilities can learn new techniques or improve their skiing in a fun supportive environment.

## GOLF

£14.40

PER SESSION

An after school programme introducing pupils to golf with expert coaching and age appropriate activities, suitable for beginners and more experienced players alike.

## HOME LEARNING CLUB

FREE

YEARS 7+

A dedicated session where Senior Day students (Year 7+) and Prep children (Years 3-6) who travel by bus can complete their homework in a supportive environment. Prep pupils require prior approval from [Mr Peak](#) to join.

# FRIDAY

## ARCHERY

£18  
PER SESSION  
AGE 8+

Our Archery Club gives pupils the chance to learn a traditional skill in a safe, supervised environment. It's a great way to develop focus, coordination and confidence, all while enjoying an active and engaging challenge.

## BADMINTON & TABLE TENNIS

FREE

A relaxed, sociable club where pupils can play at their own pace - whether enjoying a friendly rally or getting a little more competitive. A great way to stay active, unwind, and have fun with friends.

## HOME LEARNING CLUB

FREE  
YEARS 7+

A dedicated session where Senior Day students (Year 7+) and Prep children (Years 3-6) who travel by bus can complete their homework in a supportive environment. Prep pupils require prior approval from [Mr Peak](#) to join.

## GUIDES

£4.80  
PER SESSION  
YEAR 6+  
GIRLS ONLY

FSM pupils can join the 1st FSM Guides, becoming part of the wider Girlguiding community. Through weekly activities, badge work and team challenges, girls grow in confidence, independence and resilience - while having a great deal of fun.

## PREP DT CLUB

FREE  
YEAR 3-6

This practical club encourages pupils to design, build, and test creative projects using a range of tools and materials. From sketch to structure, pupils grow their problem-solving skills and enjoy the satisfaction of bringing ideas to life.

## PREP FOOTBALL COACHING

£6

PER SESSION  
YEAR 3-6

Led by an experienced coach, these sessions help children improve their football skills, build teamwork and enjoy time on the pitch. Open to all abilities, it's a great opportunity to stay active, gain confidence, and enjoy the game in a supportive setting.

## SENIOR SWIMMING THEN MULTI-SPORTS

FREE

YEARS 7+

Pupils enjoy swimming sessions up to half term, before moving on to a range of multi-sports. It's a great way to stay active and build skills across different activities, all in a supportive and engaging environment.

## WALK & TALK

FREE

YEARS 7+

Every Friday, pupils can take part in Walk and Talk - a relaxed, screen-free hour spent outdoors. It's a chance to wind down from the week, get some fresh air, and connect with others through informal conversation and shared reflection.





# SATURDAY ENRICHMENT

Saturdays, Years 3 - 10

Session 1 9.00am - 10.30am

Session 2 11.00am - 12.30pm

Our Saturday Enrichment programme offers an exciting start to the weekend for students in Years 3 to 10. With two engaging sessions, students have the chance to explore a range of enriching activities, designed to encourage creativity, build skills, and promote teamwork. Students should sign up for both sessions on a Saturday to fully experience the variety of activities on offer.

Session 1: 9:00am - 10:30am

Session 2: 11:00am - 12:30pm

For boarders staying over the weekend, lunch will be served at 1:00pm.

After lunch, Mr. Humphreys and the boarding team will lead a selection of afternoon activities for boarders in Year 6 and below, ensuring a fun, active afternoon. Boarders in Years 7 to 9 have the option to join in the activities or, if they prefer, explore Fordingbridge in small groups, offering a sense of independence and adventure.

Our Saturday Enrichment sessions create a perfect balance of structured learning and leisure, setting the stage for an enjoyable weekend at FSM.



# SATURDAY

## LAMDA DRAMA & PUBLIC SPEAKING

£34.20

PER SESSION  
(30 MINUTES)

We're proud to announce that FSM is now a LAMDA Private Centre for delivering LAMDA Examinations, giving students the opportunity to achieve recognised qualifications in drama and public speaking. These exams are much more than just an assessment - they're a chance to build valuable life skills like clear communication, self-confidence, and effective teamwork through the dynamic mediums of drama, literature, and music.

### What to Expect

Guided by Mr. Peak, students can apply for one-to-one, 30-minute sessions to work toward an examined grade in either the new Shakespeare syllabus (Levels 1-3) or Speaking in Public (Grades 1-5). Placement in a grade or level depends on the student's age and experience, ensuring a personalised and meaningful learning experience. Please note that standard exam fees will apply based on the chosen syllabus and grade.

### Session Details & Registration

LAMDA sessions will be held during Saturday Enrichment hours. For those selecting LAMDA, we recommend choosing non-chargeable activities for Session 1 and Session 2 or planning to attend only for the LAMDA sessions.

To register your interest and for lesson dates, please email Mr. Peak at [wpeak@fsm.school.com](mailto:wpeak@fsm.school.com).



# **SESSION 1 - 9AM-10.30AM**

## **CLIMBING LESSONS**

**£30**  
PER SESSION  
9AM - 12.30PM

Led by expert instructors at Parthian Climbing Centre, these Saturday sessions help pupils develop confidence and coordination while working towards NICAS Levels 1, 2 or 3. A brilliant way to build new skills and enjoy an adventurous, active start to the weekend.

## **CLAY DESIGN**

**FREE**

This hands-on club introduces pupils to the art of clay sculpting. Through guided sessions, they'll learn shaping and detailing techniques, developing their skills across the term and creating a finished piece they can be proud of.

## **IMPROVE YOUR ENGLISH**

**FREE**

Ideal for pupils who speak English as an additional language, this relaxed Saturday morning club builds confidence through conversation, interactive tasks and games. It's a friendly, supportive way to strengthen vocabulary and fluency, while making connections with others and developing everyday communication skills.

## **SATURDAY GARDENING**

**FREE**

Our weekend Gardening Club is open to all ages and abilities. Pupils get involved in planting, tidying, and learning about nature alongside our grounds team. It's a lovely way to be active outdoors while helping care for our beautiful school environment.



## SPORTS FUN

### FREE

Saturday mornings are all about movement and variety. From football to lacrosse and more, pupils try different sports each week in a friendly, inclusive setting. It's energetic, enjoyable, and a great way to find new favourites and stay active.



# **SESSION 2 - 11AM-12.30PM**

## **DESIGN & TECHNOLOGY**

**FREE**

Our DT Club encourages pupils to think creatively and solve problems through practical projects. From model making to gadget building, pupils explore different tools and materials while developing real-world design skills in a fun, collaborative space.

## **POOL FUN THEN ORIENTEERING**

**FREE**

This activity offers the best of both worlds - swimming in the first half of term, followed by orienteering as the weather cools. It's an energetic, fun-filled option that keeps pupils active and engaged both in the water and outdoors.

## **SPORTS FUN**

**FREE**

Saturday mornings are all about movement and variety. From football to lacrosse and more, pupils try different sports each week in a friendly, inclusive setting. It's energetic, enjoyable, and a great way to find new favourites and stay active.







# SUNDAY TRIPS

## Every Sunday (Excluding Sleep Outs)

At FSM, Sundays are for Adventure and Discovery.

Every Sunday during term time, our boarding pupils have the chance to embark on exciting adventures, exploring destinations that range from local landmarks to captivating attractions further afield. These outings are carefully designed to offer a mix of recreation, and cultural enrichment — ensuring there's something for everyone to enjoy.

The full schedule of trips is shared before the start of each term, giving families plenty of time to plan and look forward to what's ahead.

Day pupils are also warmly invited to join these trips dependent on availability. There will be a cost associated with each week, so please register interest with Head of Boarding ([gscott@fsmsschool.com](mailto:gscott@fsmsschool.com)).

Whether it's creating unforgettable memories, building friendships, or experiencing something new, our Sunday trips truly offer something special for everyone.

# SUNDAY TRIPS

**7th September - WATER PARK**



**14th September - BEACH TRIP**



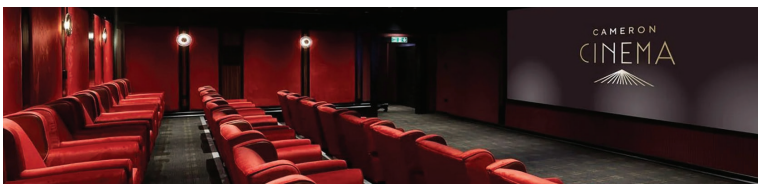
**21st September - MARWELL ZOO**



**5th October - SPLASHDOWN**



**12th October - CINEMA**





## 19th October - BOWLING



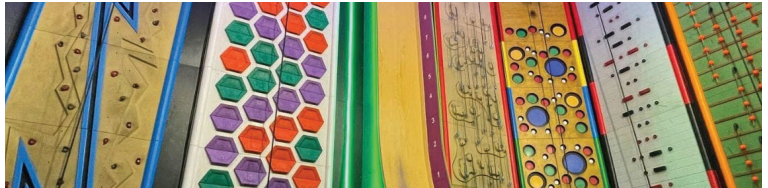
## 9th November - REMEMBRANCE & GAMING ARCADE



## 16th November - ICE SKATING



## 30th November - ROCK REEF



## 7th December - CHRISTMAS SHOPPING





# FORRES SANDLE MANOR

FORDINGBRIDGE

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