



INSPIRATIONAL Box Hill School

CO-CURRICULAR PROGRAMME

At Box Hill School, we are committed to offering a well-rounded learning experience that fosters both academic and personal growth. Our Co-curricular Programme, integrated into your timetable, provides two dedicated afternoons each week - one for Games and another for Enrichment Activities - allowing you to explore new interests, develop skills, and connect with others.

The options may change termly, enabling you to continuously discover and engage in different pursuits, whether creative, academic, or service-oriented. Our Games sessions promote physical fitness, teamwork, and leadership, offering valuable opportunities to play fixtures, train, stay active and build resilience. The majority of team sport fixtures take place during the Games afternoon. The following pages outline the choices available to you each term.

All activities are subject to change depending on demand.
You can view the most up to date booklet here:
boxhillschool.com/school-life/co-curricular-programme/

* Extra charges apply.



ENRICHMENT ACTIVITIES

Year 7 and 8

Tuesday Enrichment Activities P6 & P7

Year 9 and 10

Wednesday Enrichment Activities P5 - P7

Year 11 - 13

Thursday Enrichment Activities P6 & P7



High Ropes

7 8 9 10

Experience the thrill of high ropes courses, abseiling and indoor climbing. Challenge yourself and conquer new heights.

- Improves physical strength and coordination
- Builds confidence and resilience



Lego Robotics

7 8 9 10 11 12 13

Dive into the world of robotics using Lego. Design, build and programme robots to complete various challenges and tasks.

- Develops engineering and programming skills
- Enhances creativity and problem-solving abilities



Peer Mentoring

11 12 13

Support and guide fellow students as a peer mentor. Develop your leadership skills while helping others.

- Enhances leadership and communication skills
- Builds empathy and interpersonal abilities

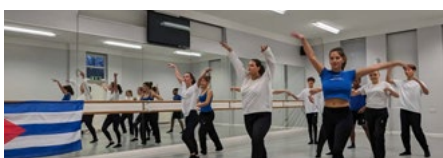


Asian Club

11 12 13

Explore and celebrate Asian cultures. Participate in cultural activities, learn about traditions and share your own heritage.

- Enhances cultural awareness and appreciation
- Builds a sense of community and belonging



Salsa Dance

11 12 13

Experience the vibrant world of salsa dance. Learn salsa steps and enjoy the energetic atmosphere of Latin dance.

- Improves physical fitness and coordination
- Boosts confidence and social interaction skills



Sewing Club

9 10

Learn various sewing techniques, create your own projects, and develop a keen eye for detail and design.

- Enhances creativity
- Encourages patience and precision



French Debating Club

11 12 13

Discuss and argue various topics in French, improving your fluency, critical thinking, and public speaking abilities.

- Improves French language proficiency
- Improves confidence



Book Club

7 8 9 10 11 12 13

Immerse yourself in the world of literature. Join fellow book lovers to discuss and explore a variety of genres, authors, and themes.

- Improves critical thinking and analytical skills
- Enhances reading comprehension and vocabulary

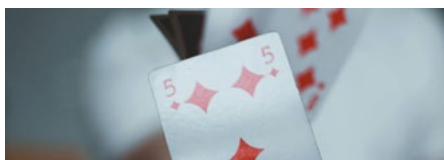


Fashion Creation

7 8

Unleash your creativity by designing and creating your own fashion pieces. Learn about fabrics and patterns

- Develops creativity and design skills
- Enhances practical skills



Illusion Club

7 8

Discover the secrets behind magic tricks and illusions. Develop your performance skills and amaze your friends with new tricks.

- Enhances creativity and problem-solving abilities
- Boosts confidence



Modern Dance

7 8 9 10

Express yourself through movement. Learn contemporary dance techniques and choreography, and participate in performances.

- Improves physical fitness and flexibility
- Encourages self-expression and creativity



Music/DJ

7 8

Dive into the world of music production and DJing. Learn to mix tracks, create beats and music theory.

- Develops musical and technical skills
- Encourages self-expression and creativity

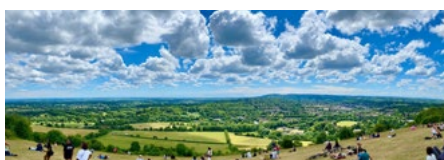


Outdoor Education

7 8

Engage in adventurous activities and learn about nature. Participate in orienteering and environmental conservation projects.

- Builds resilience and problem-solving skills
- Enhances knowledge of the natural environment



Walking

7 8 9 10 11 12 13

Enjoy the great outdoors while improving your fitness. Explore scenic routes and develop a love for walking and hiking.

- Improves physical fitness and wellbeing
- Encourages an appreciation for nature



Art Photography

7 8

Capture the world through your lens. Learn about photography techniques, composition, and editing to create stunning visual art.

- Develops technical skills
- Encourages self-expression and creativity

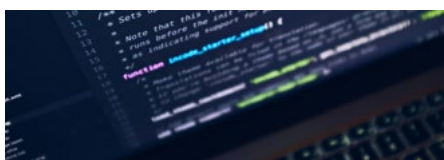


French Drama

7 8

Enhance your French language skills through drama. Perform plays and scenes in French, improving your fluency and confidence.

- Improves French language proficiency
- Enhances confidence in speaking and performing



Python Coding

7 8 11 12 13

Enter the world of programming with Python. Learn to write code, develop applications and understand computer science.

- Develops programming and problem-solving skills
- Enhances logical thinking and creativity



Art Mural

9 10

Contribute to a collaborative art project by designing and painting a large-scale mural that enhances our school environment.

- Develops artistic skills and techniques
- Community contribution



Yoga

7 8 11 12 13

Find balance and relaxation through yoga. Improve your flexibility, strength, and mindfulness with guided sessions.

- Improves physical flexibility and strength
- Encourages mindfulness and mental well-being



Cooking

9 10

Explore the culinary arts by preparing and cooking delicious meals. Learn about nutrition, recipes, and kitchen safety.

- Develops practical cooking and kitchen skills
- Enhances knowledge of nutrition and healthy eating



Art Exam Enhancement

11 12 13

For GCSE/A Level/IB students. Explore various forms of artistic expression which will improve your coursework.

- Develops artistic and creative skills
- Portfolio preparation



Debating Club

9 10

Develop your public speaking and critical thinking skills. Participate in structured debates on various topics and learn from others.

- Improves public speaking and argumentation skills
- Enhances critical thinking and analytical abilities



English as an Additional Language (EAL) Enrichment

9 10

For International students. Improve your English through engaging activities and practice sessions tailored to your level.

- Improves English language proficiency
- Enhances communication and comprehension skills



Golf *

9 10

Learn the fundamentals of golf, from swing techniques to course etiquette. Enjoy practicing and playing on local courses.

- Enhances concentration and focus
- Encourages physical fitness and outdoor activity



Horse Riding *

9 10

Experience the joy of horse riding. Learn to ride and develop your equestrian skills.

- Improves overall physical fitness and strength
- Enhances balance and coordination



Silver Duke of Edinburgh's Award (DofE) *

10

Work towards achieving the Silver DofE Award by participating in activities that build resilience, leadership, and teamwork skills.

- Develops leadership and teamwork skills
- Enhances resilience and problem-solving abilities



Gold Duke of Edinburgh's Award (DofE) *

12 13

Take on the challenge of the Gold DofE Award. Engage in activities that require commitment, adventure, and personal development.

- Builds advanced leadership and teamwork skills
- Enhances perseverance and commitment

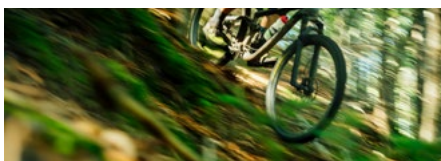


Design and Technology (DT) Exam Enhancement

10 11 12 13

For GCSE & A Level students. Enhance your skills in design and technology which will improve your coursework.

- Develops technical and engineering skills
- Enhances creativity and problem-solving abilities



Mountain Biking

11 12 13

Experience the thrill of mountain biking. Learn techniques for riding on Box Hill's terrains and improve your biking skills.

- Improves physical fitness and stamina
- Encourages a love for outdoor adventure



Multigym

7 8 9 10 11 12 13

Improve your fitness in our multigym. Participate in strength training, cardio workouts, and explore the fitness machines.

- Improves overall physical fitness and strength
- Encourages healthy lifestyle habits

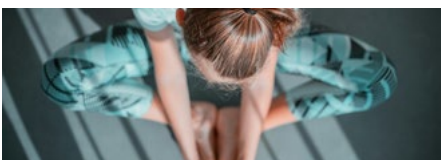


Model United Nations (MUN)

11 12 13

Step into the role of a diplomat. Participate in simulations of UN meetings, develop negotiation skills, and learn about global issues.

- Develops negotiation and diplomacy skills
- Builds confidence in public speaking and debate



Pilates

11 12 13

Strengthen your core and improve your posture through Pilates. Engage in exercises that enhance flexibility and overall well-being.

- Improves core strength and flexibility
- Encourages relaxation and stress management



Volleyball

11 12 13

Learn the fundamentals of volleyball. Improve your skills, participate in matches, and enjoy team play.

- Enhances teamwork and communication
- Improves physical fitness and coordination



Art Scholars

7 8 9 10

Join a community of dedicated art students. Work on advanced art projects, develop your portfolio, and participate in exhibitions.

- Provides opportunities for advanced art projects
- Encourages participation in exhibitions and competitions



Chess

11 12 13

Enhance your strategic thinking through chess. Learn tactics, compete in matches, and develop your game.

- Improves strategic thinking and problem-solving skills
- Enhances concentration and focus



DELFL (French Qualification) *

11 12 13

Prepare for the language qualification. Improve your language skills and work towards earning an internationally recognised certification.

- Improves French language proficiency
- Enhances communication skills in French



IELTS Preparation *

11 12 13

For International students. Prepare for the International English Language Testing System (IELTS) exam.

- Improves English language proficiency
- Enhances academic and professional language skills

GAMES

Year 7 and 8

Wednesday Games P5 - P7

Year 9 and 10

Tuesday Games P5 - P7

Year 11 - 13

Wednesday Games P5 - P7



Hockey

7 8 9 10 11 12 13

Learn and play the fast-paced sport of hockey. Improve your skills in dribbling, passing, and shooting while enjoying team play.

- Enhances physical fitness and coordination
- Develops teamwork and strategic thinking



Table Tennis

7 8 11 12 13

Develop your table tennis skills in this fast-paced and exciting sport. Learn techniques for serving, rallying and spin.

- Improves hand-eye coordination and reflexes
- Enhances strategic thinking and concentration



Football

7 8 9 10 11 12 13

Participate in one of the world's most popular sports. Develop your football skills and enjoy playing in matches.

- Improves physical fitness and endurance
- Enhances teamwork and communication skills

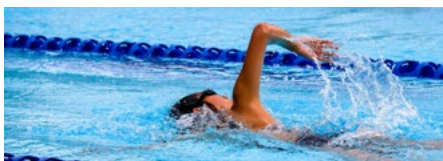


Badminton

7 8 9 10 11 12 13

Learn and play badminton, improving your skills in this fast-paced racket sport. Enjoy friendly matches and enhance your agility.

- Improves physical fitness and hand-eye coordination
- Enhances strategic thinking and reflexes



Swimming *

9 10 11 12 13

Enhance your swimming skills and enjoy the benefits of water-based exercise. Practice various strokes and improve your overall fitness.

- Improves cardiovascular health and endurance
- Provides relaxation and stress relief



Multigym

7 8 9 10 11 12 13

Improve your fitness in our multigym. Participate in strength training, cardio workouts, and explore the fitness machines.

- Improves overall physical fitness and strength
- Encourages healthy lifestyle habits



Basketball

11 12 13

Improve your basketball skills, including dribbling, shooting, and passing, while enjoying the fast-paced action of games.

- Improves physical fitness and coordination
- Enhances teamwork and communication skills



Netball

11 12 13

Learn the rules, improve your passing, shooting, and defensive skills, and enjoy the camaraderie of team play.

- Enhances physical fitness and coordination
- Develops teamwork and strategic thinking

INSPIRATIONAL Box Hill School

DAY, WEEKLY, FLEXI & FULL BOARDING

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