



FRANCIS HOLLAND
PREPARATORY SCHOOL

CO-CURRICULAR ACTIVITIES 2025-2026



CO-CURRICULAR ACTIVITIES

<u>Performing Arts</u>	5
<u>Literature & Reading</u>	9
<u>Visual Arts & Creativity</u>	10
<u>Sport</u>	13
<u>STEAM</u>	17
<u>Oracy, Debate & Communication</u>	21
<u>Languages</u>	23

At Francis Holland Prep, we believe that the development of your daughters' skills and talents outside the classroom is as essential to their education as academic life in the classroom. We have an extraordinary range of co-curricular clubs and activities on offer; members of staff and girls are committed to leading and taking part in this thriving aspect of school life.

This booklet gives you a flavour of the co-curricular clubs and activities which are available to your daughter throughout the year.

We are open to the idea of starting new clubs should your daughter wish to take part in an activity which is not listed in this booklet; our aim is to provide the broadest range of experiences to suit every girl in our vibrant school!

PERFORMING ARTS

ACTING FOR PERFORMANCE

For those girls wishing to go beyond curriculum drama, Acting For Performance teaches girls how to project their voice, portray characters and perform in front of audiences. They gain presentation skills, learn the importance of body language and become better communicators.



Years 3 - 6

CHAMBER CHOIR

The Chamber Choir perform regularly throughout the year in school concerts and services, performing traditional choral music as well as popular songs and show songs. The girls learn to sing in multiple parts and there are opportunities for solo performances.



Years 3 - 4 & Years 5 - 6

EXAM BALLET

Classical Ballet forms part of the curriculum in Reception, Year 1, 2 and 3. Children from Year 1 and above can attend Exam Ballet, where the girls are prepared and entered for Royal Academy of Dance Examinations. Ballet has benefits for confidence, creativity, musicality and posture.



Years 1 - 6

In partnership with *Chelsea Ballet School*

PERFORMING ARTS

JUNIOR BOP (MODERN & STREET DANCE)

These dynamic and engaging classes, which feature energetic and modern dance moves, lively music and plenty of attitude, enhance motor skills while encouraging individual creativity. The girls will develop their own unique groove, personal style, and distinctive flair!



Years 1 - 2 & Years 3 - 4

LAMDA

In LAMDA Club (London Academy of Music & Dramatic Arts), we prepare pupils for LAMDA's drama exams using an approach that employs established process-orientated professional acting skills. LAMDA is an internationally recognised examining board for examinations in Speech and Drama.



Years 1-2, Years 3 - 4 & Years 5 - 6

MUSICAL THEATRE

In this fun and energetic club, pupils have the chance to learn songs and dances from famous musicals and films. They explore their creativity and develop their singing, dancing and drama skills.



Years 3 - 4 & Years 5 - 6

PERFORMING ARTS

MIGHTY MOVERS

Welcome to Mighty Movers, the energetic club for Reception girls! This club is all about developing gross motor skills through fun and engaging team games and outside courses. Children will participate in activities that promote physical coordination, balance, and teamwork, helping them build confidence and stay active. Guided by our wonderful PE team, each session is designed to be enjoyable and supportive, ensuring every child feels included and motivated. Join Mighty Movers to boost your child's physical development and foster a love for movement and play.



Reception

MINI MELODY MAKERS

Mini Melody Makers is a fun, uplifting session where girls learn a range of songs, both traditional and new. They also have the opportunity to explore rhythm and rhyme, developing their creativity with a selection of percussion instruments.



Reception - Year 1

PERFORMING ARTS

PREPARATORY STRING GROUP (INVITATION ONLY)

With Miss Nash during Tuesday Lunch



ADVANCED STRING GROUP (INVITATION ONLY)

With Miss Smith during Monday Lunch



ORCHESTRA (INVITATION ONLY)

With Miss Houlder before school
on Thursdays



BEGINNERS TRUMPET CLUB (INVITATION ONLY)

With Mr. McLean during Monday Lunch



LITERATURE & READING

STORY TIME

Step into a world of wonder and imagination during after school Story Time. Each week, girls are enchanted by captivating tales, fun activities, and creative interactive adventures. Designed to foster a love for reading, this club encourages listening skills, language development, and a passion for stories.



Reception, Year 1 & Year 2

POETRY CLUB

Let your words shine at Poetry Club. This creative space invites Year 3 and 4 pupils to explore rhythm, rhyme, and imagination through fun writing activities and performance. Whether you're crafting verse or thoughtful performance poems, everyone's written word and voice is celebrated.



Years 3- 4

TOUCH TYPING

Want to type faster and smarter? Join Typing is Cool: Touch Typing School. Our club teaches pupils how to touch type efficiently, improving speed and accuracy. Touch typing is a vital skill for learning and the world of work, setting pupils up for success in the digital world. Why not give it a go!



Years 1-6

VISUAL ARTS & CREATIVITY

CRITTER CREATIONS

Critter Creations offers girls a chance to develop their creative skills, whilst designing some magnificent animals. This includes sketching a variety of animals using a step by step approach, getting messy with hand-print art and sculpting their very own critters with clay.



Years 1 - 2

POTTERY & CERAMICS

Pottery Club allows the girls to work with clay in a variety of ways. They learn to make coil pots, pinch pots and decorative objects. Once fired, the girls glaze and embellish their work to create their own beautiful earthenware.



Years 5 - 6

VISUAL ARTS & CREATIVITY

SKETCHBOOK DEVELOPMENT CLUB

For those who have a passion for art and would like to further prepare for an 11+ art scholarship. We explore a variety of artists, movements and mediums through sketchbook based activities, developing drawing skills and techniques. Dedication and commitment required!



Years 5-6

MOMENTS OF MINDFULNESS

Come and join us for a quiet and calming time together. In Moments of Mindfulness, we will learn how to sit still like peaceful little frogs, take deep breaths, and let our busy thoughts float away. With gentle music, soft breathing, and fun ways to relax, this club helps us feel calm, happy, and reflect on our day. It is a club that is a lovely way to rest our minds and feel good inside!



Reception, Year 1 & Year 2

VISUAL ARTS & CREATIVITY

ANIMATION CLUB

Bring your ideas to life at Animation Club. In this creative and hands-on club, KS1 pupils explore the exciting world of animation through fun projects. Whether it's characters, stories, or simple scenes, children learn how to turn imagination into moving pictures using accessible tools and techniques.



Years 1-2

TEXTILE & FASHION CLUB

Textiles & Fashion Club is a vibrant, hands-on space where creativity meets craftsmanship. Designed for KS2 pupils who love to design, make, and express themselves through fashion, this club explores exciting techniques such as knitting, crochet, fabric painting, embroidery, and garment customisation. Led by qualified, practicing textile designers and artists, each session encourages pupils to experiment with materials and develop their own unique, wearable creations. Children gain confidence, fine motor skills, and a deeper appreciation for textile arts.



Years 3 - 6

SPORT

FOOTBALL

Join our football club at St. Luke's Pitches, hosted by experienced coaches from Chelsea FC. Develop skills, learn from the best, and enjoy playing football in a fun and encouraging environment. All abilities are welcome.



Years 4 - 6

FENCING

Fencing is an exciting sport that teaches strategic thinking, discipline, patience, and physical fitness. Sessions consist of fun fencing-related games, technical learning, and competition. Each term, pupils progress in fencing skills and rise up the grading system. What could be more fun than duelling with your friends after school!



Years 5 - 6

CHESS CLUB

Chess demands stamina, strategy, pattern recognition, problem solving, and the ability to focus. Whether new to the game or have prior knowledge, this club allows pupils to hone their chess skills. The girls play against each other, as well as prepare for tournaments with other schools.



Years 1-2 & Years 3 - 6

SPORT

GYMNASTICS SQUAD

Gymnastics Squad is invitation only and challenges our more able gymnasts with more advanced skills.



Years 5 - 6
Invitation Only

GYMNASTICS

Come and enjoy learning new gymnastics skills! Girls will have the chance to practise tumbling, balancing, and coordination in a supportive environment with our Head Coach, Ellen Watson. Develop strength, flexibility, and confidence through fun activities and routines with an outstanding teacher in the sport.



Years 3 - 4

KARATE

Shotokan karate is practised in 35 countries and has significant standing in the world of martial arts. FSK UK Karate teaches Shotokan karate and is open to anyone 6 years and older. FSK UK training takes pupils through the karate mindset and moves as well as the belt system.



Years 1 - 6

SPORT

NETBALL

To support and extend learning from curriculum netball lessons, our training sessions are a mix of fitness, advancing technical and tactical ability, and practising match play.



Years 4 - 5

NETBALL SHOOTING SKILLS

Kickstart the day with our Netball Shooting Club! Designed for Years 3-6, our sessions focus on improving shooting skills and supporting overall netball progress. Different days are allocated for each year group to ensure tailored coaching and are a great way to start to the morning.



Years 3 - 6

PEE-WEE KARATE

Pee-Wee Karate teaches basic karate techniques and etiquette in a fun and playful environment. It is wonderful for young children's gross-motor development and prepares children perfectly for our FSK Karate Club from Year 1 upwards.



Reception

SPORT

RUNNING CLUB

With a main focus on improving cardiovascular endurance and increasing speed, our runners take to Battersea Park for the popular morning Running Club.



Years 3 - 6

TABLE TENNIS

Table tennis allows pupils to learn and improve their skills under the guidance of Darius Knight, an ex-international player who represented Great Britain. Whether you're new to the game or looking to refine your technique, this club provides a supportive environment to develop your abilities.



Years 3 - 6

YOGA

Yoga at Francis Holland Prep amalgamates mindfulness and breathing techniques with bendy poses and stretches. It helps to support positive mental health by teaching girls to manage stress through healthy movement and body awareness.

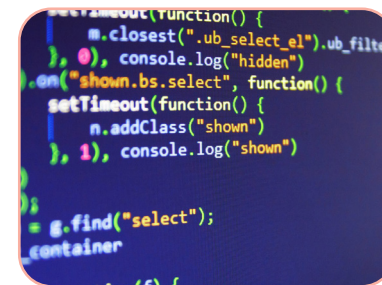


Years 1 - 2 & Years 3 - 6

STEAM

CODING

In Coding we learn how to use Block Coding, Scratch, Animation, Python, HTML, JavaScript and more. Girls construct their own website or develop their own platform games. They develop an array of skills, including problem-solving and logical thinking whilst working towards receiving their Software Developer badge.



Years 1 - 2 & Years 3 - 6

ENTERPRISE CLUB

Girls learn about key business concepts and leadership, and are provided with a budget to start their own business project in teams. Any profit the girls make will be received in the form of Gift Cards, with a pre-agreed percentage of their profits donated to a chosen charity.



Years 3 - 4 & Years 5 - 6

COOKERY CLUB

Our after-school Cookery Clubs offer hands-on, fun-filled experiences where children in KS1 and KS2 learn to cook real, nutritious food from around the world. From chicken fajitas to Anzac biscuits and rice paper rolls, each week introduces a new international dish and a "secret ingredient" to explore. Sessions run for one hour during term time and take place in the dining hall, the club blends cooking with cultural learning, supporting a multi-curricular approach that inspires curiosity, creativity, and confidence in the kitchen.

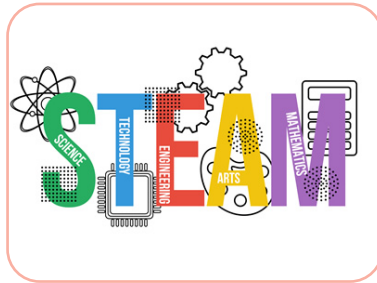


Reception, Year 1, Year 2, Years 3-6

STEAM

INVENTORS CLUB

The Inventors Club offers the opportunity to step into the exciting world of STEAM. In each session, the girls get involved in hands-on projects, building, experimenting and exploring the wonders of science, art and design.



Years 3 - 4 & Years 5 - 6

CONSTRUCTION CLUB

This exciting club offers girls the chance to design, construct, and explore with Lego in a fun environment. Whether you're an experienced builder or just starting out, you'll develop problem-solving skills, teamwork, and creativity through engaging projects and challenges.



Years 1 - 2

FINANCE CLUB

Embark on a journey to understand the world of money. Designed for curious pupils, this club offers girls a practical introduction to finance through fun and interactive activities. Girls learn about saving, budgeting, and different kinds of investment while developing valuable skills for the future.



Years 3 - 6

STEAM

SCIENCE CLUB

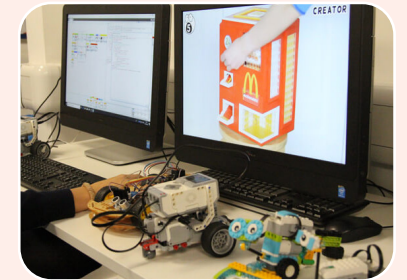
Little House of Science visit us for a number of sessions each week to continue the Prep School's collective love for all things scientific. Pupils learn beyond the classroom teaching with lots of fun experiments.



Years 1 - 2 & Years 3 - 4 & Years 5 - 6

ROBOTICS

Girls learn how to effectively use Lego Robotics kits, Botzees and Micro:bits and the exciting challenges they present. Robotics helps pupils understand technology and engineering concepts, whilst promoting creativity and problem-solving. Girls work through themed challenges!



Years 1 - 2 & Years 3 - 6

TIMES TABLES CLUB

Get ready to master your times tables with confidence and speed! This fun and focused club helps Year 4 pupils sharpen their multiplication skills through games, challenges, and friendly competitions. Whether you're aiming to boost your recall or prepare for the Multiplication Tables Check, this club makes learning lively and rewarding.



Years 4

STEAM

FULL HOUSE! BINGO CLUB

Eyes down for a full house of fun!
In this lively and social club, pupils in Years 4 to 6 enjoy classic bingo games with a twist; think themed rounds, prizes, and plenty of laughter. It's a great way to build number confidence, listening skills, and teamwork, all while having a brilliant time with friends. Everyone is welcome and remember to bring your lucky dabber!



Years 4, 5 & 6

ORACY, DEBATE & COMMUNICATION

CONFIDENCE CLUB

In Confidence Club we learn how to master confidence as a powerful tool and habit to develop healthy self assertiveness, self-worth and self-esteem. Fusing the fundamentals of acting & performance with the most recent of studies in neuroscience and behavioural psychology, we are able to transform our personalities and perceptions of ourselves using a multitude of immersive and practical activities, group discussions and games. We explore and expand our authenticity and individuality, whilst developing healthy resilience amplifying our charisma in a fun, engaging and holistic environment.



Years 3 - 4 & Years 5 - 6

DEBATING SOCIETY

Pupils are introduced to the techniques of debating and persuasive talk, learning the key features of both of these elements. They then demonstrate their knowledge of these features through organised debates. Girls learn to understand different perspectives, through critical thinking, critical listening and critical speaking. Debating Club helps the girls develop their speech writing and public speaking skills.



Years 5 - 6

ORACY, DEBATE & COMMUNICATION

PODCAST CLUB

Girls plan, produce and create their own podcast channels for Spotify, including a brand logo. High profile and exciting guests may appear on their channels from time to time! Past guests have included Chelsea footballers and individuals prominent in health and beauty. Podcast Club is the perfect environment for pupils to develop confidence and presentation skills in the world of media.



Years 3 - 4 & Years 5 -6

REASONING CLUB

This club is perfect for girls who relish challenge, offering a range of activities designed to develop logical thinking, analytical skills, and creative reasoning for verbal and non-verbal aspects of the curriculum. Through puzzles, games, brain-teasers and online challenges, girls enhance their cognitive abilities in a fun and supportive environment.



Years 3-6

LANGUAGES

BEGINNERS' SPANISH

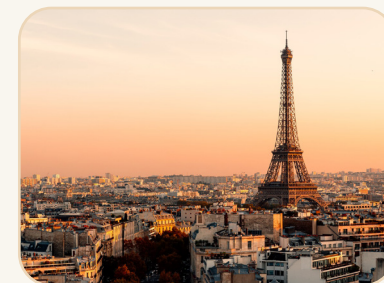
Beginners' Spanish enables girls to begin communicating in Spanish through engaging, everyday situations. The club covers greetings, understanding word meanings, spelling, personal information, numbers, café interactions, family, and physical descriptions. By the end, girls will be able to confidently introduce themselves, ask about words, spell, share personal details, request food, discuss family, and describe people. Emphasising spoken interaction, they will participate in paired work, group activities, role plays, and games.



Reception, Year 1 & Year 2

FRENCH CLUB

Dive into the wonderful world of French language and culture with our fun and engaging French Club. Using the well-respected La Jolie Ronde curriculum, our club offers a fantastic opportunity for girls to learn French through songs, games, and interactive activities. Each session is designed to inspire a love for language while building confidence and fluency. Come along and discover the joy of speaking French in a supportive and enjoyable environment. Let's embark on this linguistic adventure together - à bientôt!



Years 1 - 6 (various)

BEGINNERS' GERMAN

Hallo! Join our fun and friendly Beginners' German Club, perfect for Reception and KS1 pupils who are curious about languages and love learning new things. Each week, children will explore the basics of German through games, songs, storytelling, and interactive activities. From greetings and numbers to colours and simple conversations, pupils will build confidence in speaking and understanding German in a relaxed, supportive environment. The club also introduces German culture, think food, festivals, and traditions, making language learning exciting and meaningful. No prior experience needed; just enthusiasm and a sense of adventure!



Reception, Years 1 & 2



FRANCIS HOLLAND
PREPARATORY SCHOOL

15 Manresa Road, London SW3 6NB
www.francishollandprep.org.uk

