



FRANCIS HOLLAND
PREPARATORY SCHOOL

CO-CURRICULAR ACTIVITIES
2024-2025



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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 3 - 4 & Years 5 - 6 (£)

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

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 (£)

ORCHESTRA

This group nurtures players' musicianship through ensemble playing, understanding how to watch a conductor, improve sight reading, and play sensitively as part of a group.



Years 3 - 6

STRINGS ENSEMBLE

String Ensembles are offered at beginner and intermediate level and are by invitation only. These clubs allow our string players to meet and play together, learning valuable skills in collaboration and performing.



Years 3 - 6
Invitation Only

LITERATURE & READING

BOOK CLUB

Our after-school Book Club is the perfect place to explore captivating stories, spend time with friends, and ignite a love for reading for pleasure. As well as book discussions we enjoy a range of creative activities such as writing book reviews, bringing stories to life and crafting bookmarks.



Years 3 - 4

BOOK CLUB

In our weekly Year 5 and 6 Book Club, we regularly choose a new book to explore together. It's a great chance to share a love of reading, discover new stories, and talk about favourite elements of the novel with friends. Whether you're a bookworm or just curious, everyone is welcome to join in the fun!



Years 5 - 6

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

VISUAL ARTS & CREATIVITY

ART CLUB

From mask design to painting, each week eager artists have the opportunity to explore their creative talents at Art Club.



Years 5 - 6

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

MINDFULNESS ART SOCIETY

Practicing mindfulness in the form of creating is a brilliant way to wind down from an action-packed day and focus the mind on the present moment. In this club we relax by making small meditative decisions based on colour and form. Calming background music contributes to the ambience too!



Years 3 - 6

VISUAL ARTS & CREATIVITY

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 (£)

SKETCHBOOK DEVELOPMENT

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

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 (£)

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 (£)

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 (£)

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 (£)

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 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 (£)

RUNNING

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 (£)

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 (£)

CONSTRUCTION

In Construction Club, girls have the opportunity to make creations out of magna tiles, lego and other building materials. They work independently or with a team to put their 3D thinking skills into practice, bringing their imaginations and creativity to life.



Years 3 - 6 (£)

COOKERY

Cookery Club invites girls to join us for an exciting culinary adventure. Under the guidance of an FHPS chef, girls learn essential culinary skills, explore diverse cuisines, and create delicious dishes. In a safe and fun environment, they will enjoy hands-on activities and engaging demonstrations.



Years 5 - 6 (£)

ECO CLUB

Having achieved Green Flag status, Eco Club are continuing with their work by taking part in recycled art projects, looking after plants in the school grounds and entering into debates about current environmental topics. This club is perfect for girls who want to make a meaningful difference to the environment.



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 (£)

FINANCE CLUB

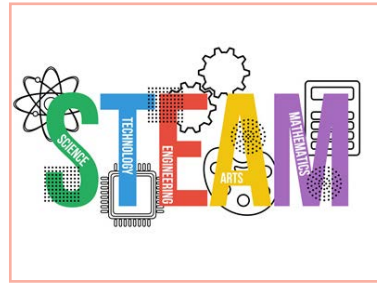
Embark on a journey to understand the world of money. Designed for curious pupils, this club offers girls a practical introduction to finance through fun and interactive activities. Girls learn about saving, budgeting, and different kinds of investment while developing valuable skills for the future.



Years 3 - 6

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 (£)

LEGO & CONSTRUCTION

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

PUZZLE & PROBLEM SOLVING

Girls develop their problem solving and reasoning skills in a variety of ways. Whether they are thinking outside of the box to solve problems and puzzles or creating their own, they have lots of opportunities to hone their pattern recognition; reasoning and deduction skills.



Years 3 - 4

REASONING CLUB

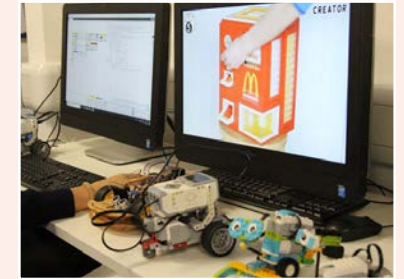
This club is perfect for girls who relish challenge, offering a range of activities designed to develop logical thinking, analytical skills, and creative reasoning for verbal and non-verbal aspects of the curriculum. Through puzzles, games, brain-teasers and online challenges, girls enhance their cognitive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



Years 3 - 6

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 (£)

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 (£)

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 an fun, engaging and holistic environment



Years 3 - 4 & Years 5 - 6 (£)

DEBATING

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

MAKATON

Makaton is a unique language that uses symbols, signs and speech to enable people to communicate. It supports the development of communication skills such as attention and listening, comprehension, memory, recall and organisation of language and expression. In Makaton club, we learn simple sign language in the core vocabulary. We then put this into practice through role play, rhymes, stories and songs.



Reception, Year 1 & Year 2

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

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

CLASSICS CLUB

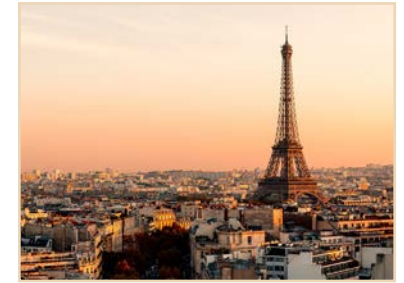
Step back in time and learn about Classical Mythology, Latin, Classical Greek, and Ancient History at Classics Club. Dive into epic tales of deities and heroes, learn ancient languages that are the cornerstone of the modern world and uncover the rich history of classical civilizations. This club is a fantastic opportunity for girls to develop a deep appreciation for the ancient world through engaging activities and captivating stories.



Years 5 - 6

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) (£)

NATIVE SPANISH CLUB

A club for native Spanish speakers looking to enhance their knowledge and language skills. Non-native but proficient Spanish speakers may also be invited to join and the club operates purely in Spanish. The scheme of work is based on materials from the renowned Spanish publishing house Editorial Santillana. By exploring a variety of levelled books, the focus is on enhancing girls' spoken and written grammar, spelling and reading comprehension.



Years 4 - 6

PROJECT & STUDY SKILLS

IPQ

The ISEB Project Qualification (IPQ) is an inquiry-led, skills-based programme, allowing the girls to identify, develop, research, present and evaluate an idea that is important to them. This club guides the girls through the components of an independent project, developing key skills to support in the transition to Senior School and providing them with a real insight into their own ways of thinking and working.



Year 5 (Invitation Only)



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