

Pre-Prep

# CO-CURRICULAR ACTIVITIES





# Co-curricular Activities

In the Pre-Prep School, we offer a wide range of clubs that will appeal to our youngest pupils and make their first experience of school not only fun and exciting, but one that helps them build friendships, confidence and a sense of independence.

## Clubs on offer

Our Pre-Prep pupils can choose to take part in any of our clubs during lunchtime and after-school. We continuously evolve our offering to give children a chance to try out new skills, persevere and perfect, take risks; all while having fun in a safe and nurturing environment.

We encourage our pupils to explore as many different opportunities as possible; from chess, DT and science, through to football, mindfulness, music, drama and gardening club – there are activities to suit every child's taste – and help them discover their favourites. Some of our more innovative activities beyond the classroom include Scooting, Litter Picking and Philosophy.

## Sports and Exercise Clubs

- Football Club
- Running Club
- Scooting Club

We are exceptionally fortunate when it comes to sport at Highgate with extensive facilities and excellent staff. In our Pre-Prep, we offer a child-centred physical education programme that is an inclusive way of engaging pupils in sport and physical activity. Our aim is to provide pupils with a stimulating learning environment where participation, progression and enjoyment go hand in hand.

Development and progression are values at the heart of our Department. We strongly believe that development, as an alternative to competition, is essential to ensuring that our pupils excel, and ultimately achieve, their full potential.

"I love the Drama lessons. We have done lots of acting out stories and pretending to be different things."

Julia, Pre-Prep pupil

## Nature and the environment

- Gardening Club
- Forest School (also part of the curriculum)
- Litter picking Club

Encouraging children to take part in clubs that connect them to nature helps them understand about the science behind our existence, and introduce them to the importance of looking after our environment. In Litter Picking Club, pupils learn how to respect the beauty of nature by keeping it clear of unnecessary waste. Similarly, in Gardening Club, the pupils take pleasure in growing fruit and vegetables, understanding how the earth and Seasonal weather cultivates their crops which they in turn harvest – and cook, to fully enjoy the fruits of their labour! Our Forest School, which is part of the curriculum, is built in a designated woodland area, where children can learn about nature through play.



## Creativity and confidence

- Philosophy Club
- Mindfulness Club
- Music Club
- Drama Club
- Art Club

Our collection of creative clubs help the Pre-Prep pupils grow in confidence, exploring different avenues of self-expression from the calming Mindfulness Club, through to the lively drama club!

## Problem solving

- Year 1 Chess Club
- Year 2 Science Club
- Year 2 Design Technology Club

Our youngest pupils are introduced to maths, science and engineering in an approachable way; Chess Club helps children develop focus and problem-solving skills whereas DT and Science Clubs provide an opportunity to explore the workings of the world we live in.

"I have learnt about dinosaurs, life cycles of frogs and butterflies, minibeasts, animals and lots of Maths which I love"

Harley, Pre-Prep pupil



## Sport and Exercise Q&A

with our Pre-Prep SpEx Coach Dan Watts

### Do the children mix for sports?

Due to their stage of learning, boys' and girls' sport and exercise lessons are mixed. At this stage, children do not play sport specific activities. Instead, a focus is placed on developing the cognitive, social, psychological, and physical skills that underpin more complex, sport specific skills.

### What are the highlights of teaching the youngest pupils sport?

I believe that children deserve the best possible start in life, particularly when considering the many challenges children face in the modern world, including increased physical inactivity. On a personal level, there is no greater satisfaction than developing children and other coaches in a field that I am deeply passionate about.

### Are the Pre-Prep taught swimming lessons as part of SpEx?

Swimming lessons are provided in addition to children's Sport and Exercise sessions. Year 1 and 2 swim once a week for 30 minutes for the first two terms.

### How do the children build strength and co-ordination?

In the Pre-prep children receive a broad diet of physical activities. Exercise lessons consist of swimming, gymnastics, dance, and athletic-based activities that support the development of basic movement competence, or put simply, 'body conditioning.' Sport activities enable them to develop motor coordination and transferrable skills that underpin more sport specific activities (e.g. netball) they develop in the Junior and Senior school.

### How do you change SpEx activities through the seasons?

In exercise lessons, gymnastics and dance, activities run throughout the whole of the school year with swimming and running in the first two terms. In sport, children learn invasion game concepts before moving onto net and wall games in the Lent term, and strike and field games in the Summer term. Towards the end of the Summer term we revisit basic athletic skills that support children's preparation for sports day.

### Do you have any future plans for the Pre-Prep SpEx lessons?

On a professional level, I would like to continue work at a strategic level to support the Highgate school sport and exercise programme, whilst continuing to develop other coaches in and out of school sport. I also continue to support local grassroots organisations in providing high quality sport opportunities for children of all backgrounds.

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