



Lancing College

Senior School & Sixth Form



Co-Curriculum Handbook

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*'An opportunity to develop old
and new interests.'*

Upper Sixth Leaver



Introduction

At Lancing College, we pride ourselves on the breadth and depth we offer in our Co-Curricular programme. It is incredibly important that we provide pupils with the range of opportunities, space and support that will enable them to pursue their passions in life, whether academic or not.

We do this by timetabling and ring-fencing two hours every afternoon Monday to Friday in order to house all the weekly activities and clubs (120 on average each week). Equally, our weekly sporting provision, including Saturday afternoon fixtures, generates space for the pupils to get their dose of physical activity in a competitive or non-competitive environment. Music, Drama and Dance too have specific afternoons set aside for rehearsals, as do our Service options of the Duke of Edinburgh's Award, the Combined Cadet Force and Explorer Scouts. There is definitely something for everyone and this booklet will outline those options, timings and how to get involved.

The Co-Curricular programme is more than just providing different things to entertain the pupils within the school day. It is about pupils socialising with like-minded individuals (both in and outside of the community), having the opportunity to pursue their passions, grow in confidence, have fun, enjoy each other's company and, further up the school if they choose, take a lead role in the development of the younger pupils.

This handbook aims to set out what the Co-Curricular programme involves, when it happens and explain the ways to get involved. The final thing to say is this: the programme evolves from one year to the next so if there is something you want that is not currently in our programme, let me know and I will do what I can to make it happen. The programme is, after all, for you.

KAREN ANDREW
ASSISTANT HEAD (CO-CURRICULAR)



Activities

In order to encourage participation in the Co-Curricular programme, there are expected levels of engagement as follows:

Third & Fourth Form • At least four activities each week

Fifth Form & Lower Sixth • At least three activities each week

Upper Sixth • At least two activities each week

Rightly, the further up the school they go, the more time pupils will need on their academic work.

This does not mean that pupils are busy all the time! On the contrary, if a pupil in the Third Form undertakes four activity sessions each week, that still leaves them with six sessions to do as they please: work, socialise or just relax.

For example:

Joe Bloggs (Third Form)					
SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PERIOD 9	Third Form Carousel	Electronics	–	–	Junior Debating
PERIOD 10	–	–	Cricket	–	–

In the Summer Term, there are no expectations of engagement for the Fifth Form and Upper Sixth because of GCSEs and A Levels. However, pupils are expected to still attend Saturday fixtures and any other area they are committed to (eg Drama rehearsals).

Third Form Carousel

For those who join the College in the Third Form, there is a carousel that runs every Monday from 4 – 5pm where the pupils will get to experience a range of activities and skills that they may never have tried before.

This includes:

**Electronics • Farm • Fencing • First Aid • Five-a-Side Football • Eton Fives
Horse-Riding* • Music • Ready Steady Cook • Squash**

*For the horse-riding, we will need a completed Horse Riding consent form in the Joining Instructions pack.



MONDAY			
<i>ACADEMIC PRIORITY</i>			
A Cappella Club	Drama – Script Writing	GCSE Maths Support	Music – Chamber Music
Architecture Group	Drama – Touring Play	GCSE PE Practical	Music – Conduction Class
Art – Open Studio	DT – Open Workshop	Geography A Level Project	Philosophy
Art – Scholars’ Enrichment	Duke of Edinburgh’s Award (Bronze)	Gym – 1 st Teams	Photography – UVI Enrichment
AS Maths Support	CLIMATE+	History Oxbridge Prep	Problem Solving
A2 Maths Support	Lancing Geography Journal	History Society	Rosalind Franklin Society
Chemistry Catch-up	Engineering	Italian for Beginners	Russian for Beginners
Chess Club	English Oxbridge Prep	Lancing College Swim Club	Senior Book Club
Choir Practice	Exploring the Arts	LGBTQ+	Sports Academy
Computer Science Club	Fencing	Maths Catch-up	Sports Leaders
Cricket Scholars I	Fives	Medics’ Society (LVI)	Squash (Third Form only)
Dance – Musical Theatre	French Society	Medics’ Society (UVI)	Economics & Business Support (UVI)
Dorothy Hodgkin Society	GCSE Latin	Music – Aural + Theory	Yoga
TUESDAY			
<i>MUSIC PRIORITY</i>			
Acting: Monologues & Songs	Dance by Design Rehearsals	Film Club	Squash (recreational)
Basketball (Seniors)	DT – Open Workshop	Individual Music Practice	Squash (team)
Chinese for Beginners I	Electronics (beginners)	Law Club	Symphony Orchestra
Christian Union	Electronics (advanced)	Play-reading	Trombone Choir
Cryptic Crossword Club	EPQ	Shooting	View From The Hill
Physical Theatre	Farm	Sinfonia	Yoga
WEDNESDAY			
<i>SERVICES PRIORITY</i>			
Art – Enrichment	Cricket (girls)	Duke of Edinburgh’s Award (Silver)	Lancing Explorers
Art – Experimental Drawing	Dance by Design Rehearsals	Individual Music Practice	Linguistics
CCF	Dance Club	Junior Science Club	Politics Society
Cricket (Third Form Boys)	Drama Club	Lancing College Swim Club	Yoga
Cricket (Third Form Girls)			
THURSDAY			
<i>DRAMA PRIORITY</i>			
A Time to Read	Dance by Design Rehearsals	eSports	Peer Supporters
Art – Glass Workshop	Darwin Society	Farm	Photography – LVI Enrichment
Basketball (Juniors)	Founder’s Day Play (Sixth Form)	Hispanic Society	Shooting
Chess Club	Drama – Rehearsals	Individual Music Practice	Sports Academy
Chinese for Beginners II	DT – Maker’s Club	Lancing College Swim Club	Squash (recreational)
Classics Magazine	DT – Open Workshops	Linnean Society	Squash (team)
Creative Writing	Duke of Edinburgh’s Award (CCF)	Masterchef	U14A/U15A Fitness (boys)
Cricket Scholars II	Duke of Edinburgh’s Award (Gold)	Museum Club	U14A/U15A Fitness (girls)
Dance – Ballet	Engineering		
FRIDAY			
<i>MUSIC & DRAMA PRIORITY</i>			
Art – Open Studio	Founder’s Day Play (Sixth Form)	Hockey – Senior Girls	Prefects
Athletics – Pre-Season	Drama – Rehearsals	Individual Music Practice	Squash (recreational)
Choir Practice	DT Open Workshop	Karate	String Chamber Orchestra
Cricket – Girls Pre-Season	Fives (4pm)	Lancing College Swim Club	TEFL
Cricket – U15A Pre-Season	Fives (5pm)	MAT and STEP	Tennis – Junior Boys & Girls
Cricket – 1 st XI Pre-Season	Football – Junior Boys	Metafit	Tennis – Junior Recreational
Cricket 1 st XI	Football – Senior Boys	Netball – Junior Pre-Season	Tennis – Senior Boys & Girls
Cricket U14A/U15A	Hockey – Junior Boys	Netball – Senior Pre-Season	Tennis – Senior Recreational
Debating (Juniors)	Hockey – Junior Girls	Photography – Open Studio	Touch Rugby (Girls)
Debating (Seniors)	Hockey – Senior Boys		

Sport

Sport is essential to the mental and physical wellbeing of pupils and at Lancing we take it seriously, both within the competitive fixtures arena, but also as a way for pupils to stay fit away from the sedentary nature of lessons.

We follow a general pattern of major sports each term with a number of other sports operating throughout the year. The routine is as follows:

Advent Term	Boys – Football	Girls – Hockey
Lent Term	Boys – Hockey / Rugby	Girls – Netball
Summer Term	Boys and Girls	Athletics, Cricket and Tennis

Other sports and games on offer during the year:

ACTIVITY	TERMS	SESSIONS
Badminton	Advent / Lent	Tuesday and Thursday Games sessions
Basketball	Advent / Lent	Tuesday and Thursday Activity sessions
Climbing	All Year	Tuesday and Thursday Games sessions (cost involved)
Cricket (Girls)	Lent / Summer	Friday Activity session Tuesday and Thursday Games sessions
Dance	All Year	Monday, Tuesday, Thursday Games sessions
Dog Walking	All Year	Tuesday Games sessions
Fencing	Advent / Lent	Monday Activity sessions
Fives	All Year	Monday and Friday Activity sessions
Football (Girls)	All Year	Thursday Games sessions
Golf	All Year	Tuesday and Thursday Games sessions
Gym/Fitness	All Year	Tuesday and Thursday Games sessions and open facility every afternoon
Horse-riding	All Year	<i>See next page</i>
Aikido	All Year	Thursday Activity sessions
Rugby	Advent / Lent	Tuesday and Thursday Games sessions
Cross Country	All Year	Tuesday and Thursday Games sessions
Sailing	Summer	Tuesday Games sessions (cost involved)
Shooting	All Year	Tuesday Games session Tuesday and Thursday Activity sessions
Squash	All Year	Tuesday and Thursday Games sessions Tuesday, Thursday and Friday Activity sessions
Swimming	All Year	Tuesday and Thursday Games sessions
Swimming Club	All Year	<i>See next page</i>
Table Tennis	All Year	Tuesday and Thursday Games sessions
Touch Rugby	Summer	Friday Activity session
Yoga	All Year	Monday, Wednesday and Thursday Activity session

There is also pre-season training on a Friday afternoon from 4–5.45pm every week, all year, to prepare for the season ahead in Athletics, Cricket, Football, Hockey, Netball and Tennis.

Some competitive fixtures take place midweek but the majority are scheduled for a Saturday afternoon. Saturday fixtures are compulsory for any pupil who is picked unless Leave of Absence has been granted by the Head Master. Of course, all pupils and parents are encouraged to support as far as they are able.

Horse-riding

We are very fortunate to have our own Equestrian Centre on site which offers taster sessions, riding lessons (group or individual), vets, farrier and physio talks plus dressage and jumping lessons. We also have a College Equestrian Team who compete in events.

The Third Form, as well as having a tour of the Equestrian Centre as part of the Third Form Carousel (Mondays at 4pm), will have access to a free horse-riding taster session should parents wish.

Please contact the Equestrian Centre Manager, Amy Baker, for more information:

abaker@lancing.org.uk



Swimming Club

We have our own Lancing College Swimming Club, a Swim England Affiliated Club, formed in 2018 by former international GB swimmer Charlotte Malik. The Club aims to encourage swimmers to reach their full potential, both in swimming and in life. Through the development of good habits early on, time management, professionalism and 'going the extra mile' are all established, setting swimmers in good stead for their swimming career, their studies and beyond.

Since its inception, the Club has gone from strength to strength in the development of county, regional and national swimmers.

Please contact Charlotte for more information:

cmalik@lancing.org.uk



Sports Tours, Trips and Camps

Alongside the weekly and termly sports provision, we also value highly the chance to play, train and enjoy sport away from the College grounds. That is why we always offer the opportunity to go with our staff on sports trips and tours every year.

The sporting rhythm usually includes the following:

- December Ski Racing
- March Tennis camp, Cricket & Netball Sport Tour (Barbados), Ski Trip
- March Golf camp
- August Pre-season Football and Hockey training camps

The following tours are planned in the next couple of years:

- Football tour
- Hockey tour

To find out more about specific sports or if you just have general queries, please contact our Director of Sport, Kelly Edwards: **kve@lancing.org.uk**

Service Choices

Wednesday afternoon is our Services afternoon where pupils have the choice of three options:

Combined Cadet Force, The Duke of Edinburgh's Award and **Explorer Scouts**. All three run for two years with the option of continuing into the Sixth Form. They are also all national programmes and, in their own ways, aim to develop similar skills within the pupils:

leadership

teamwork

self-confidence

self-discipline

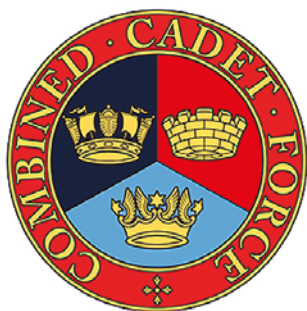
problem solving

resilience

navigation

self-reliance

volunteering



Combined Cadet Force

The programme is military-based with both an Army and RAF section. In the first term, all cadets undergo basic training before embarking on the first of three overnight exercises in March. Cadets then split into the two services and follow appropriate programmes thereafter. For the Army, it is Weapons Training and Fieldcraft; for the RAF it is Airmanship and Principles of Flight. The Army section has two more overnight exercises in June and the October of Fifth Form. The RAF section has opportunities throughout the two years to go flying at a nearby RAF base. There are also optional camps all cadets can attend: an Adventurous Training camp in Snowdonia at Easter and the CCF central camp in the summer.

If after the two years a cadet wishes to continue into the Sixth Form, then they can get promoted to L/Cpl and become a NCO who trains the next group of cadets.



The Duke of Edinburgh's Award

The Duke of Edinburgh's Award programme is well-established with a focus on certain areas for pupils to pursue: skill, physical, volunteering and the expedition. In the Fourth and Fifth Form, pupils aim for their Silver Award with Wednesday sessions set aside for completion of these sections. Pupils also receive training in first aid and navigation, ready for their practice expedition in March and the assessed expedition in June. The Fifth Form is focused on the completion of the skill, physical and volunteering sections.

If after the two years a pupil wishes to continue with DofE in the Sixth Form, they can pursue their Gold Award, as well as becoming a DofE Ambassador to help train the younger pupils through their Silver Award.



Explorer Scouts

Scouting is the world's largest youth movement. The 'Explorer' scouts is the section for 14–18 year olds and at Lancing we run an Explorer Unit for students in the Fourth Form and above. The weekly programme encourages students to develop teamwork, leadership, self-reliance and problem solving as well as learning specific skills such as cooking, camp craft, survival skills and bush craft. The programme is adaptable and Explorers themselves will have a chance to shape and mould it, as it develops. Scouting has its own progressive awards scheme that students will be able to work towards, culminating in the prestigious Queen's Scout Award. In addition, Explorers can work towards the Duke of Edinburgh's Award as part of their time in the Unit.

If after the two years a scout wishes to continue into the Sixth Form, then they can take on a leadership role and help train and co-ordinate the younger scouts.



The Arts

Dance, Drama and Music are all incredibly vibrant and offer many opportunities for the dancers, dramatists and musicians in the pupils and staff body. We have three afternoons where Music and Drama have priority time for rehearsals and Dance is offered in both the games and activity sessions.

Here is a list of available classes, ensembles and performance groups to join:

DANCE	DRAMA	MUSIC
Ballet	A Level Performances	A Cappella Club
Cardio Dance Fitness	Donald Bancroft One-Act Play	Big Band
Choreography	Founder's Day Play	Choir
Contemporary	GCSE Performances	College Singers
Dance by Design	Junior Play	Honk!
Musical Theatre	Musical	Lancing Quartet
Physical Theatre Company (Boys)	Shakespeare Festival (Third Form)	Music Club (Third Form Carousel)
Relaxation Techniques	Student-led Plays	Percussion Ensemble
Street Jazz	Technical Theatre	Piano Sextet
Tap	These Mortalsby Players	Recorder Ensemble
	Touring Play (Fourth Form Scholars)	Sinfonia
		String Chamber Orchestra
		Symphony Orchestra
		Trombone Choir

There are also numerous concerts and plays during the course of the year. The highlights are:

September	Fourth Form Play	Drama
November	Annual Musical	Drama + Music
December	Advent Concert	Music
	Carol Concerts	Music
January	Inter-House Music Competition	Music
	These Mortalsby players	Drama
February	Donald Bancroft One-Act Plays*	Drama
March	Lent Concert	Music
April	Chamber Music Concert	Music
	Dance By Design competition	Dance
	Lancing Repertory^	Drama
May	An Evening of Light Music	Music
	Founder's Day Play	Drama
June	Junior Play	Drama
	Rock Concert	Music
	Touring Play	Drama

* written and directed by students

^ plays directed by students



Trips and Visits

Every year there is a huge array of trips and visits on offer to broaden the pupils' horizons. The trips cover everything from a day of lectures in London to two weeks trekking in Nepal. Every off-site venture is rigorously planned and suitably risk assessed to ensure maximum enrichment and enjoyment for all involved.

Here is a taster of the sorts of trips and visits undertaken throughout the year:

Day trips:

Art trips to the Tate Gallery	Law Club trip to the Houses of Parliament
Biology trip to the Natural History Museum	Maths competition in West Sussex
Bouldering competition in Brighton	Medic lectures at Royal Sussex County Hospital
BTEC Business trip to London	GCSE PE climbing in Shoreham-by-Sea
Chemistry competition in West Sussex	Photography trip to Hastings
Choir performance at St Paul's Cathedral	Physics lectures at Sussex University
Drama production in Woking	RAF Flying day at Boscombe Down
Economics lectures in London	Rugby trip to Twickenham
Football training at Worthing FC	UCAS fair in Brighton
History trip to London	USA universities fair in London

Overnight visits:

CCF Exercises at Pippingford Park	Geography trip to Iceland
Chapel pilgrimage to Walsingham	German Language trip to Berlin
Classics trip to Greece	Golf competition in Scotland
Community visit to Malawi	Languages trip to
Cricket & Netball Sports Tour to Barbados	Physics trip to CERN
Cultural trip to Costa Rica	Ski trip to Italy
Drama + English weekend in Stratford-upon-Avon	Spanish Language exchanges
Duke of Edinburgh expeditions (various)	Tennis camp in Cyprus
Geography trip to Barcelona	Third Form Challenge to Washington

There is plenty on offer for all year groups and these trips are a great way to learn beyond the confines of the classroom, experience new things and forge new friendships. Pupils and parents will be informed when these trips and visits are happening with parental consent and deposits required to secure a place on the overnight visits. We use ParentPay for our trip administration and login details will be sent to parents upon joining the College. It is through here that all payments and consent is collated.



Weekends

There is always plenty going on over the weekend. Every half term starts with a Chapel weekend where all boarders are encouraged to stay and enjoy the House evenings, entertainment, discos and year group activities. This is a great way for pupils to get straight back into the rich boarding experience after a holiday break. There is also an Exeat every half term when pupils are able to get offsite and have a rest and recharge. Exeats start at 4pm on the Friday to give pupils a full weekend off. Boarders either head home or to their guardians.

On a normal weekend, the routine is as follows:

SATURDAY	Breakfast	
	Lesson 1 / Tutor period	8.50–9.25am
	Lessons 2–3	9.30–10.45am
	Break	
	Lessons 4–5	11.10–12.25pm
	Saturday sports*	<i>whole afternoon</i>
	Facilities open:	
	• Art Dept (Fifth and Sixth Form only)	1–4pm
	• Dance Studio	1–9pm
	• Drama (Cherry Hall)	1–9pm
	• Music School	1–10pm
	• Café	2–5pm
	• Gym	4–6pm
• Sports Hall	4–6pm	
• Squash Courts	4–6pm	
Supper		
Food Truck	7–9pm	
In-House activities		
SUNDAY	Brunch	
	Trip to Holmbush shopping centre	1.50–4pm
	Facilities open:	
	• Dance Studio	1–9pm
	• Drama (Cherry Hall)	1–9pm
	• D & T Open Workshops	
	• Music School	11.30–10pm
	• Gym	4–6pm
	• Library	4–6pm
	• Sports Hall	4–6pm
	• Squash Courts	4–6pm
• Swimming Pool		
Supper		
Food Truck	7–9pm	

As with most things, this programme changes every year depending on the needs and requests from the student body. This should, though, give a flavour of what is on offer and available to boarders (and day pupils) at the weekend.



Be inspired
Be brilliant
Be you

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FIND OUT MORE

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