



St Swithun's
WINCHESTER



CO-CURRICULAR PROGRAMME AUTUMN TERM 2024

CO-CURRICULAR ETHOS

At St Swithun's we are proud of our academic excellence but also believe in the concept of being 'appropriately academic' which means encouraging the girls to work hard in class but also then providing them with opportunities to do something else. The 'something else' is as important as academic lessons, and sometimes more so. We expect the girls to try new things, to make mistakes and learn from them, to develop commitment, perseverance, teamwork and organisational skills.

We accept that some girls will naturally want to take part in many activities and that others will need some gentle persuasion. We would be failing in our duty to the latter if we did not emphasise the importance of balancing academic work with other activities. After all, the girls will never again have so many opportunities to try such a wide range of activities.

Boarders are expected to sign up to a certain number of co-curricular activities that take place after school. (This number depends on which year group the girls are in but, generally speaking, the younger girls are expected to do more activities when their workload is lighter). Day girls are also welcome to sign up to these activities.

Pupils commit to an after-school activity for one term and the sign-up process happens at the beginning of each term. Form tutors help with this process to ensure that the girls have a good balance of co-curricular activities and that they honour any priority sport, music or drama activities for which they are required.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6.45-7.30am	Swimming training	Swim squad (by invitation)		Swim squad (by invitation)	
7.30-8.30am					
8.15-8.45am	Brass ensemble (by invitation) Chamber music ensembles (by invitation)	Chamber music ensembles (by invitation)	Chamber choir (by audition M5 up) Chamber music ensembles (by invitation) Band (by invitation)	Chamber music ensembles (by invitation)	Chamber music ensembles (by invitation) Jazz/Swing band (by invitation)
Break		Humanities reading group	STEM reading group	The Oracle	
Period 8					Mixed Martial Arts (separate sign-up)
Lunch 1 1.05-1.35pm	CONCERT BAND (by invitation) Italian GCSE Athletic development Ivy house leadership L6 Junior football club (L4-L5) L4/U4 Science club L4/U4/L5 netball GK&GD Medieval feast club Minecraft club (L4, U4) Model United Nations (L5 up) Reading room Velocity	PHOENIX CHOIR (L4-U4) Athletic development Enterprise club Knitting club L4/U4 cricket Pickle ball Science journal club Stride Trampolineing	DAY HOUSE MEETINGS	STRING ORCHESTRA (by invitation) Italian GCSE Athletic development Bible study group Dance club Lacrosse draw club Law society Medical society Numberphile club (L4-M5) Play reading club (L5 up) Sweat The globe (geography club)	Woodwind ensemble (by invitation) Coding club M5/senior netball GK&GD Philosothon Poetry by Heart Primary school volunteering (M5/U5/L6) Senior football club (M5 up) U4 athletic development Junior debating (L4/U4)
Lunch 2 1.35-2.10pm	CONCERT ORCHESTRA (by invitation) Athletic development Ivy House leadership (L6) L4/U4/L5 netball shooting Card games Senior debating (L5 up)	Athletic development HERO society History and politics reading group (M5 up) L5/M5 cricket Lacrosse shooting & GK Trampolineing	Current affairs and journalism club (L5 up)	Chamber music ensembles (by invitation) Athletic development Femslosphy club French film club M5/U5 Junior musical theatre club (L4/U4) Lacrosse shooting & GK Medical society Tech club Trampolineing	Baroque ensemble (by invitation) Junior drama club (L4/U4) Languages from scratch M5/senior netball shooting PE academic drop in Stage make-up club U4 athletic development
After school 4.30-5.30pm	SYMPHONY ORCHESTRA (by invitation) L4/U4 Netball M5 Duke of Edinburgh Award Senior athletic development (by invitation) Archery Gaming club PACE/scratch drama club Senior football Squash club*	SCHOOL PRODUCTION REHEARSALS Senior lacrosse L5/M5 netball Athletic development Art club Allotment club Junior football Scottish reeling club	SCHOOL PRODUCTION REHEARSALS L5/M5 Lacrosse Senior netball Art club Greenpower club Mahjong Night shelter cooking Swim squad (by invitation) Swimming club Shooting club (every other week)*	SWITHUN CHOIR L5 UP (BY AUDITION) Swim squad M5 Duke of Edinburgh award Maths scholars session (by invitation) M5 athletic development Art club Golf club Karate club L4/U4 lacrosse Self-defence U4/L5 (parental sign-up)* Swith radio club	
4.30-6.00pm	Private study in the library	Private study in the library	Private study in the library	Private study in the library	Private study in the library
5.30-6.30pm					
6.00-7.00pm	Fencing (by invitation)*				
6.00-8.00pm			Fencing*		Fencing (by invitation)*

KEY

CAPS & BOLD take first priority

Bold take second priority

Blue – optional clubs

Green – sign-up co-curricular activities (these require a term's commitment)

*There is a cost for this activity

This timetable is correct at time of printing, but could be subject to change