



## CO-CURRICULAR ETHOS

At St Swithun's we are proud of our academic excellence but also believe in the concept of being 'appropriately academic'. This means encouraging the girls to work hard in class but also 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 welcome to sign up to these activities. There is also a wide range of lunchtime clubs.

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.

**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

## CO-CURRICULAR PROGRAMME SPRING TERM 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 - 7:30am		<b>Swim squad (by invitation)</b>		<b>Swim squad (by invitation)</b>	
7:30 - 8:30am				<b>Senior maths scholars (7:45 - 8:45am)</b>	
8:15 - 8:45am	<b>Brass ensemble (by invitation)</b> <b>Chamber music ensembles (by invitation)</b>	<b>Chamber music ensembles (by invitation)</b>	<b>Band (by invitation)</b> <b>Chamber choir (M5 up) (by audition)</b> <b>Chamber music ensembles (by invitation)</b>	<b>Chamber music ensembles (by invitation)</b>	<b>Chamber music ensembles (by invitation)</b> <b>Jazz/Swing band (by invitation)</b>
Break		<i>Humanities reading group</i>	<i>Economics reading group</i> <i>STEM reading group</i>	<i>The Oracle</i>	
Period 8					<i>Cross country club</i> <i>Filipino martial arts (separate sign-up)</i> <i>Philosothon (L4-L5)</i>
Lunch 1 1:05 - 1:35pm	<b>CONCERT BAND (by invitation)</b> Italian GCSE Athletic development Ivy House leadership Junior football club (L4-L5) Language ambassadors Minecraft club (L4, U4) Model United Nations (L5 up) Netball GK & GD masterclass (L4/U4/L5) Reading Room Science club (L4/U4) Velocity	<b>PHOENIX CHOIR (L4-U4)</b> Athletic development Cricket (L4/U4) Enterprise club Knitting club Pickleball Science journal club Stride Trampolining	<b>DAY HOUSE MEETINGS</b>	<b>STRING ORCHESTRA (by invitation)</b> Italian GCSE Athletic development Confirmation group Dance club Ivy House leadership Lacrosse draw club Law society (L1 and L2 L5 up) Medical society Netball mid court masterclass (M5/Senior) Numberphile club (L4-M5) Play reading club (L5 up) Sweat The Globe (geography club)	<b>Woodwind ensemble (by invitation)</b> Allotment club Athletic development (U4) Coding club Junior debating (L4/U4) Netball GK & GD (M5/Senior) Poetry by Heart Primary school volunteering (M5/U5/L6) Senior football club (M5 up)
Lunch 2 1:35 - 2:10pm	<b>CONCERT ORCHESTRA (by invitation)</b> Athletic development Netball shooting (L4/U4/L5) Project St Swithun's (M5 up) Senior debating (L5 up)	<i>Athletic development</i> <i>Biology research club</i> <i>Cricket (L5/M5)</i> <i>HERO society</i> <i>History and politics reading group (M5 up)</i> <i>Lacrosse shooting &amp; GK</i> <i>Trampolining</i>	<i>African culture and literature society</i>	<b>Chamber music ensembles (by invitation)</b> Athletic development Femslosophy club French film club (M5/U5) Junior musical theatre club (L4/U4) Lacrosse shooting & GK Medical society Netball mid court masterclass (L4/U4/L5) Tech club Trampolining	<b>Baroque ensemble (by invitation)</b> Athletic development (U4) Junior drama club (L4/U4) Languages from scratch Mindfulness colouring club Netball shooting (M5/Senior) PE academic drop in Social card games Stage make-up club
After School 4:30 - 5:30pm	<b>SYMPHONY ORCHESTRA (by invitation)</b> <b>Netball (L4/U4)</b> <b>Senior athletic development (by invitation)</b> <i>Archery</i> <i>Duke of Edinburgh Award drop in (M5)</i> <i>Gaming club</i> <i>PACE/scratch drama club</i> <i>Scottish reeling</i> <i>Scrabble club</i> <i>Senior football</i> <i>Squash club*</i>	<b>Athletic development</b> <b>Netball (L5/M5)</b> <b>Senior lacrosse</b> <i>Art club</i>	<b>Lacrosse (L5/M5)</b> <b>Senior netball</b> <i>Art club 4:30 to 6:30pm</i> <i>Greenpower club</i> <i>Night shelter cooking</i> <i>Shooting club (every other week)*</i> <i>Swim squad (by invitation)</i> <i>Swimming club</i>	<b>SWITHUN CHOIR (L5 up) (by audition)</b> <b>Athletic development (M5)</b> <b>Swim squad</b> <i>Duke of Edinburgh award (M5) (drop in)</i> <i>Golf club</i> <i>Junior maths scholars</i> <i>Karate club</i> <i>Lacrosse (L4/U4)</i> <i>Mahjong</i> <i>Self-defence (U4/L5) (parental sign-up)*</i> <i>SwithRadio club</i>	
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
6:00 - 7:00pm	<i>Fencing (by invitation)*</i>			<i>Fencing (by invitation)*</i>	
6:00 - 8:00pm			<i>Fencing*</i>		