



# **AUTUMN TERM CLUBS BROCHURE**

MONDAY 11TH SEPTEMBER 2023 - FRIDAY 8TH DECEMBER 2023



## AFTER-SCHOOL CLUBS 3:40 - 4:40PM

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# INTRODUCTION

A key part of life at Phoenix House, is our enrichment programme. We place equal importance on our rigorous academic curriculum and our varied, wider curriculum offerings. Our interesting array of clubs are specially designed to provide excitement, challenge, build confidence and improve team work skills. The Phoenix House team are committed to opening new doors of opportunity for our pupils.

The co-curricular clubs programme aims to give pupils the chance to try something new and, with that in mind, we encourage the children to select options they may not have tried before. New experiences will spark interest, push children out of their comfort zone and develop a wider skill set.

The Phoenix House club schedule will start in the third week of the Autumn Term (week beginning Monday 11th September 2023).

Children should bring an additional snack to school if they are attending a co-curricular club. At the end of the club, children can be collected, walk independently, or take the school bus which will depart at 4.55pm.

Families can register for co-curricular clubs via our online booking system SchoolCloud. Bookings will open at 6pm on Thursday 31st August and will close at 6pm on Wednesday 6th September.



## THROUGH CLUB INVOLVEMENT, WE AIM FOR PHOENIX HOUSE PUPILS TO:

- Broaden current interests and passions
- Learn new skills
- Develop leadership & interpersonal skills
- Build confidence
- Improve team work skills
- Work with children from different year groups
- Consistently demonstrate the Phoenix House values.

This Clubs Brochure is designed to give you an overview of the clubs Phoenix House will have on offer in the Autumn Term.







# AFTER SCHOOL CLUBS

## 3:40 - 4:40PM

### MONDAY

#### **FUNDamentals (Prep 1-2)**

Physical literacy is when children have developed the skills, confidence, and love of movement to be physically active for life. In our FUNDamentals extra curricular sessions, children will enjoy activities such as running, jumping, throwing, catching, skipping and hopping. They will develop their teamwork, problem solving and communication, which are essential skills for a successful future in sport and life.

#### **Thread makers (Prep 1-2)**

This is a club where we will be getting creative with threads, making a range of pieces and these skills can be extended further. To begin with, the children will be making dreamcatchers and friendship bracelets.

#### **Junior Bookworms (Prep 1-3)**

Do you love books? Do you want to read even more books and discuss with other children? Then become a junior bookworm! This club aims to nurture your child's love of reading. Reading for pleasure helps us grow our vocabulary and has such a positive impact on academic achievement.

#### **Orchestra (Prep 2-6)**

Orchestra is a large music ensemble consisting of violin, viola, cello, flute, clarinet, oboe, trumpet, trombone, tuba and percussion. Our school orchestra gives children the chance to develop their ensemble performance skills. The school orchestra has regular performance opportunities so children must be able to commit to weekly rehearsals for the year. Please note: this club is only for children who have 1:1 lessons on any of the instruments listed above.



### **Young Artists (Prep 3-4)**

Let's get creative! Develop your artistic eye, historical knowledge and skill set in this fun-filled club. From painting to sculpture; from drawing to textiles; we'll explore as many artistic avenues as possible.

### **Sudoku (Prep 3-6)**

In this club, you will enjoy playing Sudoku, a logic-based, number-placement puzzle. Learn some new strategies and improve your concentration by playing Sudoku!

### **Bookworms Book Club (Prep 4-6)**

Reading gives you wings to fly! Join the PH Librarian in the library to discover and discuss new and exciting books and look at a variety of different text types. What effect does the writing have on you, the reader? How would you improve it? Would you recommend it? Book discussion is fun and also a wonderful way to see what your amazing library has to offer. It will also boost vocabulary and grammar and support the important life skills in how to work collaboratively and respect others' contributions.

### **Creative Writing (Prep 4-6)**

Do you like story-telling, creating magical worlds and inventing mysterious characters? Creative writing club will give you the chance to show off your imagination as we dive into different settings and let your creativity run wild.

### **Japanese Calligraphy (Prep 4-6)**

Japanese calligraphy club is the opportunity to try using brush and sumi ink to create your own work. It is not just about writing neatly, but expressing yourself through your letters.





### **Screen Golf (Prep 4-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Screen golf is a club that welcomes golfers of all abilities to improve their skill set as well as develop their knowledge and understanding of the sport. Pupils will be coached by qualified instructors and supported by a member of staff from Phoenix House school. Golf is an excellent sport to engage in as it develops discipline, challenges you mentally and is a popular sport used for networking.

### **Speech and Debate (Prep 5-6)**

Phoenix House Speech and Debate Club will be a space where children with big ideas can share their opinions whilst opening themselves up to alternative views and ways of thinking. Members will be able to put their knowledge of subjects they are passionate about into action, then demonstrate their understanding and engage constructively with other club members holding opposing beliefs. In Speech and Debate Club, everyone has a voice.

### **Chess Club (Prep 4-6)**

Chess club is an opportunity for children to cultivate a passion for the 'Game of Kings'. Sessions will provide tips on openings and strategy as well as providing ample opportunity for children to perfect their skills against one another. Come along and try your hand at the world's favourite board game.





### **Art Club (Prep 5-6)**

Drawing, painting, sculpture, murals and more! Develop your skills, knowledge of art history and artwork around Phoenix House! This is an art masterclass club for our oldest pupils to produce artwork of an exceptional quality with the support and guidance of Ms Kato.

### **Football (Prep 6)**

*This club takes place offsite at Mejirodai Sports Park after the Prep 6 outdoor PE lesson.*

Football club offers aspiring games players the opportunity to hone an array of skills, improve their tactical awareness of the game and develop vital skills such as teamwork and resilience. Pupils who commit to the club will be considered favourably when selecting the football squads to compete against other international schools in Tokyo. All pupils are welcome, prior experience is not required. Please ensure you wear full PE kit and shin pads.





### **Little Artists (Prep 1-2)**

Art Club for Prep 1 and 2 will give our youngest artists the chance to nurture their creative talents. With the support and guidance of Ms Kato, the Little Artists will create the most imaginative artworks and develop their artistic skills.

### **Little Voices Choir (Prep 1-3)**

This is a vocal ensemble where pupils can develop their singing skills and confidence in performing whilst learning Pop, Disney and Musical theatre classics! Alongside developing their singing skills pupils will also learn basic dance and movement skills and will experience regular performance opportunities throughout the year.

### **Eco-Committee (Prep 1-6, Invitation Only)**

Our school eco-committee is a group of student leaders which work on projects to raise environmental awareness and improve the school environment.

### **Hip Hop Dance (Prep 1-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Hip hop is a unique, exciting and vibrant form of dance. We are so lucky to have partnered with the expert dance instructors from Form and Freedom to offer high quality classes focusing on styles of dance that are very much steeped in the cultures from which they emerged. This is certain to be a very popular club and we are excited to see our young dancers perform their energetic dances on stage.

### **Young Animators (Prep 2-3)**

Let your creativity be explored through stop motion! We will be learning how to use a stop motion app on your child's iPad to create an animation. This club will be focusing on intricacy and have an emphasis on being mindful of detail.

### **Coding and Robotics (Prep 3-6)**

Are you interested in video games, robots and enjoy a challenge? In this club you will enhance your critical thinking skills and develop your computing knowledge.

### **Football (Prep 4)**

*This club takes place offsite at Mejirodai Sports Park after the Prep 4 outdoor PE lesson.*

Football club offers aspiring games players to opportunity to hone an array of skills, improve their tactical awareness of the game and develop vital skills such as team work and resilience. Pupils who commit to the club will be considered favourably when selecting the football squads to compete against other international schools in Tokyo. All pupils are welcome, prior experience is not required. Please ensure you wear full PE kit and shin pads.

### **Cross Country Running (Prep 4-6)**

Cross country club gives pupils the chance to enjoy running in a group, explore local running routes, such as the Imperial Palace, and improve their sporting fitness.





### **Big Brother, Big Sister (Prep 5-6)**

In this club, you will develop the leadership skills that will come in so useful at Rugby School Japan. If you want to be a mentor and role model to our younger pupils, then this is exactly the club for you. We will be supporting our younger brothers and sisters in their clubs. We'll share in their delight and joy, we'll help them overcome obstacles, and we'll show them the values of Phoenix House.

### **Japanese Culture (Prep 5-6)**

An opportunity to try different kinds of Japanese culture such as calligraphy with fude pen, Rakugo, traditional board games utilising collaboration and self-management skills. This is a wonderful opportunity for pupils to learn about Japanese history through fun and engaging cultural activities.

### **Cheerleading Squad (Prep 5-6)**

At Phoenix House we want to create a positive environment during our sporting activities. Our cheer squad will support our sports teams and houses during events throughout the year using a mix of choreographed dances, routines and verbal cheers - giving them the chance to improve their coordination, flexibility and performance. BRING IT ON TEAM PH!





## **Aikido (Prep 1-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Aikido is a modern Japanese martial art that aims to teach practitioners to defend themselves without injuring their opponents. In this club, pupils learn how to use their strength efficiently while redirecting the attacker's force and learn how to cooperate in partners in order to improve martial skills. Through Aikido games and techniques, students come to develop body coordination, self-discipline, and greater confidence. Our instructors have years of experience training in Aikido and working with children, and classes are based on learning through play method making them fun and engaging!

## **Fencing (Prep 4-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Fencing is a fast and dynamic sport, popular in UK prep schools and around the world. The sport is great for all-round fitness but since you need to make lightning-fast decisions, it is also excellent for concentration and focus. We are delighted to partner with The Garden Fencing Club to offer high-quality, safe fencing lessons onsite at Phoenix House.

## **Spanish (Prep 1-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

We are delighted to partner with the Instituto Cervantes to provide high-quality language lessons as part of the Phoenix House enrichment programme. Experienced Spanish teachers will deliver a course which will develop the communication skills of our pupils. The emphasis will be on speaking and listening, and sparking an interest in the language and culture of Spanish-speaking countries by playing games, singing songs, and enjoying craft activities.





# THURSDAY

## Cooking Crew (Years 1-2)

This is the perfect club for all our budding young chefs. We will be measuring ingredients, following recipes, and cooking up a storm in the kitchen. There will be a small additional charge to cover the cost of ingredients.

## Fencing (Prep 1-3)

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Fencing is a fast and dynamic sport, popular in UK prep schools and around the world. The sport is great for all-round fitness but since you need to make lightning-fast decisions, it is also excellent for concentration and focus. We are delighted to partner with The Garden Fencing Club to offer high-quality, safe fencing lessons onsite at Phoenix House.

## Judo (Prep 1-6)

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

In Judo, children will learn in a very traditional way about how to use their bodies to control balance, create mechanical advantages, and obtain superior positions in relation to their opponents. The club will be broken down into three parts; 1. Conditioning exercises, 2. Technical instruction on technique, and 3. Practice of previously acquired skills. Once children have reached a level of proficiency in Judo, they will have the opportunity to earn their belts in assessments and compete at a tournament.

## STEM Club (Prep 2-3)

This term in STEM we will combine Science, Technology, Engineering and Maths to solve practical problems. The children will be encouraged to think critically to design, build and evaluate their ideas.

### **Ballroom and Latin Dance (Prep 1-6)**

Have you always dreamed to burn the floor like the celebrities seen in "Dancing with the Stars"? Now you have the chance! Ballroom and Latin dancing is a great way to meet new friends, having fun twirling and moving around the floor, while dancing to your favourites tunes! It will give you a boost of confidence as well as the opportunity to keep fit, healthy and happy! Dancing is proven to give a much-needed serotonin increase after hard work :)

### **Crafting Club (Prep 4-6)**

An opportunity to immerse yourself in a state of flow while learning new crafting techniques. We will produce a variety of greetings cards and small gifts - ideal to give to loved ones on birthdays and other celebrations!

### **Performance Poetry (Prep 4-6)**

Great poems are meant to be performed with feeling and expression. They are wonderful to act out and to create. In this club you will discover the world of wonderful poems and poets and learn about the different kinds of poem structures. Writing poetry is a fantastic way to improve your vocabulary and your oracy.

### **Japanese Book Writing (Prep 4-6)**

Japanese book club is the opportunity to create your original stories with your imaginations and ideas in Japanese.

### **Ukulele (Prep 4-6)**

Discover the joy of music with Ukulele Club! Unleash your creativity as you learn to strum and sing along to a wide variety of tunes in a fun and supportive group environment. Together, we shall nurture our musical talents and foster a lifelong love for playing the ukulele!







### **Screen Golf (Prep 4-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Screen golf is a club that welcomes golfers of all abilities to improve their skill set as well as develop their knowledge and understanding of the sport. Pupils will be coached by qualified instructors and supported by a member of staff from Phoenix House school. Golf is an excellent sport to engage in as it develops discipline, challenges you mentally and is a popular sport used for networking.

### **MakerSpace (Prep 4-6)**

Our MakerSpace is dedicated to fostering creativity, collaboration, and hands-on learning. We believe that everyone has the potential to be a maker, and our mission is to provide a platform where pupils can engage in various activities that promote innovation, problem-solving, and skill development. There will be a small additional charge to cover the cost of resources.

### **History Club (Prep 4-6)**

History club will give members the chance to explore the near and distant past through a combination of multimedia, stories and digital artefacts. We will ask questions, uncover the truth and meet many fascinating and intriguing characters along the way. Children will be encouraged to ask questions and identify periods and historical characters that they would like to know more about and contribute their observations and opinions on past events.



### **Football (Prep 4)**

*This club takes place offsite at Mejirodai Sports Park after the Prep 4 outdoor PE lesson.*

Football club offers aspiring games players to opportunity to hone an array of skills, improve their tactical awareness of the game and develop vital skills such as team work and resilience. Pupils who commit to the club will be considered favourably when selecting the football squads to compete against other international schools in Tokyo. All pupils are welcome, prior experience is not required. Please ensure you wear full PE kit and shin pads.





## FRIDAY

### **Ballet (Prep 1-6)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

We are pleased to welcome back The Ballet Garden to Phoenix House. Their mission is to cultivate a love for ballet, and to offer our pupils a genuine British accredited ballet education environment. The curriculum is based on the "Cecchetti Method" which led the birth of Ballet in the UK. The lessons will be delivered by two professional ballet teachers and a pianist.

### **Screen Golf (Prep 1-3)**

*This club is delivered by an external specialist teacher and has an additional cost. Details will be available on SchoolCloud.*

Screen golf is a club that welcomes golfers of all abilities to improve their skill set as well as develop their knowledge and understanding of the sport. Pupils will be coached by qualified instructors and supported by a member of staff from Phoenix House school. Golf is an excellent sport to engage in as it develops discipline, challenges you mentally and is a popular sport used for networking.

### **Italian (Prep 4-6)**

Ciao a tutti! Come and learn about Italy's culture and traditions, from its rich history to its amazing cuisine! Alongside immersing yourself with Italian culture through fun activities and discussions, you can also come learn some basic beginner's Italian too.

### **Badminton (Prep 4-6)**

Badminton is a fun and inclusive sport that will help improve technical skills, such as motor skills and co-ordination.



### **Choir (Prep 4-6)**

This vocal ensemble supports pupils in developing good singing technique, pitch accuracy and harmony skills through singing more challenging songs in 2-4 part harmony. Pupils will experience a range of music from Classical to Contemporary and Musical Theatre, and will get the opportunity to perform at number of events throughout the year.





