

A photograph of two young children, a girl and a boy, standing inside a tent-like structure made of sticks and branches in a wooded area. The girl is crouching on the left, wearing a dark blue jacket and green rubber boots, waving her right hand. The boy is standing on the right, also in a dark blue jacket and dark rubber boots, waving his right hand. The tent is constructed from various sized sticks and branches, some with green leaves still attached. The background is filled with dense green foliage.

HIGHGATE

Pre-Prep

Co-curricular Activities

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

Harley, Pre-Prep pupil



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.

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

Julia, Pre-Prep pupil

Clubs on offer

Our Pre-Prep pupils can choose to take part in our clubs during lunchtime, before 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 Litter Picking, Eco Newspaper and Lego Club.

Sports and Exercise Clubs

- Football Club
- Running Club
- Mini Movers
- Teddy Tennis

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.



Nature and the environment

- Gardening Club
- Forest School (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.



"I go to Football Club
and it helps me get
better at football."

Levi, Pre-Prep pupil

Problem solving

- Chess Club
- Science Club
- Design Technology Club

Our youngest pupils are introduced to maths, science and coding 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.

Creativity and confidence

- Science 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!

Debutots is a unique blend of interactive storytelling and dramatic play designed to build self-confidence, encourage self-expression and nurture a love of language and story. Each week our original interactive stories transport children to an imaginary world where they can develop their creativity by becoming the characters, sounds and scenery of the tales.



Sport and Exercise Q&A

with our Pre-Prep SpEx Coach Dan Watts

Do children mix for sports?

Sport and Exercise Lessons are mixed at this early stage of children's development. We believe this is also key to promoting an inclusive and enjoyable learning environment that enables children to become more skilful learners and fluent movers.

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 children taught swimming lessons as part of SpEx?

We believe swimming plays a fundamental role in children's development. In year 1 and year 2, all children receive a 30 minute swimming lesson per week for the entire school year in addition to two weekly sport and exercise lessons.

How do the children build strength and co-ordination?

Our evidence grounded approach ensures that no stone is left unturned when it comes to developing skilful and confident movers who are willing to try new things. Activities such as gymnastics and swimming play a key role in improving bone and muscle strength, whilst other activities actively increase strength and coordination whilst targeting spatial awareness and balance, locomotion, and rhythm and sequencing skills.

How do you change SpEx activities through the seasons?

Swimming continues to run though the entire academic year for pupils in Year 1 and 2. The learning focus in all sport and exercise lessons changes every half term, which depends on the specific needs of the particular year group. In Michaelmas term, a stronger emphasis is placed on gymnastics and dance activities for the primary purpose of socialisation, body conditioning, and enhancing self-confidence, particularly in Reception children, all of which is crucial to supporting learning 'in the classroom'.

Towards the summer term we make use of the pleasant weather and superb outdoor facilities to focus on athletic based activities, striking and fielding activities and sports day preparation.

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

We are always seeking innovative ways to engage pupils in their learning. Alongside our newly relaunched swimming programme, we are aiming to make use of ICT to improve our baseline assessments, accelerate pupil learning and invest in new resources that promote transferable learning and add variability and enjoyment to the way children hone their skills.

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