



Lancing Prep Worthing

A Lancing College Preparatory School



Clubs

Welcome

Welcome to our clubs booklet!

At Lancing Prep Worthing, we understand that the experiences children enjoy beyond the classroom are just as vital as their academic pursuits in shaping a well-rounded education. Our vibrant co-curricular programme offers an extensive range of clubs and activities, totalling over 45 options to inspire and engage every pupil. Whether your child has a passion for sports, creativity, music or academics, there is a perfect opportunity for everyone to explore, learn and grow.

“This curriculum is enhanced by a rich programme of extra-curricular activities and themed events. Pupils take part enthusiastically and benefit from varied and engaging experiences.” ISI, May 2025



Francesca Milling
Head

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Creative

Arts & Craft Club

Create and make new things each week.



Construction Club

This club will be a fun-filled session where children will have the chance to use various building materials, including Lego, Duplo and K'Nex. It's a wonderful way for the children to unleash their imagination and work together with their friends.



Colouring/Drawing Club

Children will enjoy relaxing activities like colouring, drawing and designing their own artwork.



Global Friendship Club

Children will be creating new friendships by writing to pupils from schools in other countries. We will also immerse ourselves in their language through foreign films to better understand their culture.



Cookery Club

Children will explore some culinary delights! Alternating each week between savoury and sweet.



Creative Club

An opportunity for the children to choose whether to use the art materials, dressing up, Lego building or recycling using their imagination in as creative a way as they wish.

Imagination Club

Children can choose from a range of imaginative activities including role play, small world toys and construction.



Senior Drama Club

'Newsies the musical' rehearsals working towards the summer show!



Sewing Club

Sewing Club aims to foster creativity and develop practical skills that will serve children well in the future.

It will provide hands-on experience with various sewing techniques. Every child can participate and progress at their own pace.



Senior Art Club

Pupils will have the opportunity to explore different concepts, techniques and skills.



Warhammer Club

Embrace your creative side by designing terrains, painting figures and doing battle to see who rules the multi-verse once and for all!





Sports

Basketball Club

In Basketball Club, we'll develop a variety of skills to improve our game, play weekly matches and host exciting mini tournaments. Together, we'll sharpen our techniques in a relaxed, friendly atmosphere built on focus, strategy and fun!



Ballet Club

Children of any ability are welcome to join in with beginners' level ballet, where we will learn simple steps, practise moving to music and have fun dancing with friends.



Diddi Dance

Fun dance classes exploring a different dance style every half term, from Salsa and Bollywood to Hip Hop and Disco! Building confidence, coordination and creativity.

Handball Club

Introduction and development of Handball. Handball is an Olympic sport. It is a seven-a-side game where the handling of the ball is done with hands only. The ball is small enough to be able to handle it with one hand. To score, the player must shoot into a goal defended by a goalkeeper.



HiTide Gymnastics Club

Help your little gymnast conquer the moves of their dreams with high quality, specialised gymnastics lessons in the comfort of their school environment. Our fun filled lessons will develop your child's core strength and flexibility, as well as progressively building their confidence in the UK's most popular individual school sport.



Indoor Quick Cricket

Is your child itching for the summer to return so they can play cricket again?

Well, look no further- indoor Cricket Club is here. We will begin with cricket warm-ups and end with games of indoor quick cricket. This will help your child get the feel of cricket again before the new season starts.



Netball Club

Specifically designed for pupils in Years 3-8, whether you're an aspiring netball star or just looking for some fun. You'll not only develop your netball skills putting them into match play but also boost your fitness and enjoy the thrill of team play.



NFL Flag Football

In NFL Flag Football Club, you will learn the fundamentals of passing, catching, teamwork and strategy while playing fast, exciting, non-contact games. Whether you're new to the sport or already a playmaker, everyone's welcome.

Pre-Prep & Prep Teach Me Kung Fu

Teach Me Kung Fu Schools are excited to be running kung fu classes exclusively for students at Lancing



Prep Worthing. This dynamic programme is designed to help children grow in confidence, discipline and focus- while having fun, staying active and learning real self-defence in a safe and encouraging environment.



Volleyball Club

Introduction and development to the skills of volleyball.
Adaptive games.



Swerve Soccer

An after-school football club for school Years 1 - 3.
Classes are designed to enhance social inclusion,
ball mastery skills and technical attributes for all abilities.

Music



Chamber Choir

For children who love singing, Chamber Choir will perform at events throughout the school year, including at Easter.



Brass and Woodwind Group

Brass and Woodwind Group meet every Tuesday and prepare music for school concerts and events throughout the year. All brass and woodwind players who have had a term's lessons are welcome to join and will learn ensemble skills and develop their own playing within a fun environment.



Orchestra

Orchestra is perfect group for all students who take lessons in orchestral instruments, both inside and out of school, to develop their ensemble playing, sight reading and aural skills with their friends.



Rock Band

An invitation only club, Rock Band is perfect for those students who are around grade 1 to take the opportunity to work together playing songs of their choice. The club is run by Barry Worley, our guitar teacher, who has a lot of experience of playing in rock bands as well as leading student bands.



Senior Ensemble

Ensemble is for more advanced music students who are grade 3 and above. Students will perform a wide range of music aimed at developing reading and ensemble skills and will perform at school events.





Mindfulness & Wellbeing

Drop-in Common Room Club

This provides pupils time and space together to relax and build connections through activities, games and social time.



Environmental Club

Interactive club for children who care about our school environment and want to work together as a team to enhance it. Focus will be on the pond and wildlife area.



The Hive Wellbeing Club

This club helps children to develop their emotional literacy, advance personal development and promote positive wellbeing through games, arts/crafts, activities and working together to build connections.

Restorative Rangers Club

In this club, children will learn how to solve problems and help others in a positive way. We'll use role play, drawing and creative activities to explore kindness, teamwork and understanding. At the end, every child will become a qualified Restorative Ranger AND will be the first to try out new games for the playground!





STEM

(Science, Technology, Engineering & Maths)

Maths Club

This club will support the children alongside their curriculum work, problem solving and games. This could involve support with weekly homework, any misconceptions within class or concepts which they may be struggling with. This will happen through written work, discussion, games and challenges.



STEM Club

Pupils are encouraged to be creative and curious. Each week we will be doing different experiments, activities and challenges exploring STEM.



Tech Innovation Club

Technology, Engineering, Arts and Maths- industry standard, loads of fun and interactive sessions, from Electric go-kart, 3D printing, Film production, Animation, VR, Drones, Rockets, Robotics, Coding etc.



Stretch & Challenge



Chess Club

The aim of these sessions will be to enhance your children's chess playing capabilities, whilst deepening their enjoyment of the game. Some of the areas covered first will involve openings and checkmating patterns/ combinations, and the club will have a mixture of segments including teaching the whole class, exercise worksheets and games played between the students.



French Club

This club is for children who love learning French and would like to stretch their knowledge of this subject through games, translations, songs, role-plays, films and creative writing.

Reading for Scholarship Club

Preparation for scholarship applications.



Scholarship Maths Club

Expected attendance for those pupils in Year 8 preparing for academic scholarships.



Homework Room

A place of quiet study and focused minds. Entry to this room requires work to be completed and a will to do so.

Love Learning
Be Kind
Go out into the World and do Good



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Lancing Prep Worthing

Worthing, West Sussex, BN14 8HU

T 01903 201113

E worthing@lancing.org.uk

FIND OUT MORE

lancingprepworthing.co.uk