



Co-Curricular Activities

Contents

Introduction	3
Activities	4
Sport	6
Dance, Drama & Music	8
Service & Community	10
Trips and Visits	12
Weekends	14



“One of the best things about life at Lancing is that no two pupils have exactly the same experience.”



Beyond lessons, there are countless opportunities to discover new interests, develop existing talents and challenge yourself in ways you may never have expected. I look forward to seeing where your co-curricular journey takes you.

Karen Andrew, Assistant Head (Co-Curricular)

Whether you are representing the College in sport, performing on stage, completing a Duke of Edinburgh’s Award expedition, caring for animals on the Farm, volunteering in the local community, building an engineering project or joining a new society, the co-curricular programme is your opportunity to explore what inspires you.

With more than 120 activities taking place each week, there really is something for everyone. You do not need to be an expert to get involved; some of the most rewarding experiences come from trying something entirely new. The programme has been designed to give you the freedom to pursue your interests, develop confidence, form friendships and discover strengths you did not know you had.

Co-curricular life is also where many pupils develop the qualities that will benefit them long after they leave Lancing: leadership, resilience, teamwork, creativity, curiosity and a willingness to embrace challenge. As you move through the College, you will have opportunities not only to participate, but also to lead, mentor younger pupils and help shape the activities and communities that matter most to you.

This brochure will give you a flavour of the opportunities available. My advice is simple: be curious, get involved and make the most of everything on offer. You may arrive at Lancing with a clear idea of what interests you, but some of your most memorable experiences are likely to come from opportunities you had never previously considered.

Activities

At Lancing, co-curricular activities are not an optional extra; they are an essential part of the educational experience. The breadth of the programme reflects the diverse interests of our community.

Set within the South Downs, you can enjoy access to outstanding sports facilities including extensive playing fields, a swimming pool, squash courts, tennis courts, fitness facilities and our on-site Equestrian Centre.

Many activities provide opportunities for you to take ownership of your learning, contribute ideas and develop leadership skills. As you progress through the College, you help shape the programme itself, leading societies, mentoring younger pupils and creating opportunities for others. This culture of involvement helps foster independence, collaboration and a strong sense of belonging within the wider College community.

Example Third Form Timetable

Monday	Tuesday	Wednesday
Period 9 Third Form Carousel	Period 9 Electronics	Period 9 CCF
Period 10 Free	Period 10 Free	Period 10 Cricket
Thursday	Friday	
Period 9 Drama Rehearsal	Period 9 Junior Debating	
Period 10 Farm	Period 10 Free	

MONDAY
Academic priority
A Cappella Club
AS Maths Support
Art – Fine Art
Art – Papermaking
Art – Photography
Biology Support
Chemistry Catch-up
Choir Practice
Classics Clinic
Cricket
Dance – Contemporary
Dance – Musical Theatre
Dance – Tap
Drama Clinic
DT – Open Workshop
Economics & Business Support
English Oxbridge Prep
Eton Fives
Football
Geography A Level Project
Gym – LTAD
History Oxbridge Prep
History Society
Individual Music Practice
Linguistics
MFL Clinics
Maths Booster
Medics’ Society
Museum Club
Music – Aural + Theory
Music – Chamber Music
Music – String Chamber Music
Photography

Enigma – Problem Solving
River Run Revive
Russian for Beginners
Sewing Club
Squash
Swim Club
TEFL
Tennis
Third Form Carousel
View from the Hill
Yoga

TUESDAY
Music priority
Art – Upcycling
Basketball
Big Band
Chinese
Craft and Chat
Crest Award
Dance – Ballet
Dance – Jazz
Dance – School Musical Prep
Diversity Club
Drama Rehearsals
DT – Open Workshop
Electronics
Evening Prayer
Farm
Film Club
Flow Session
Flute Ensemble
Football
Football – Goalkeeper Training
Honk! Saxophone Ensemble

Maths (SClub7)
Origami
Rock Music Workshop
Rugby
Russian
Sinfonia
Squash
Symphony Orchestra
Target Shooting
Tennis
Textiles
Touch Typing
Yoga

WEDNESDAY
Services priority
Art – Open Studio
CCF
Chamber Music Coaching
Community Action
Cricket
Drama
Duke of Edinburgh’s Award
Evening Prayer
Individual Music Practice
Politics Society
Scout Explorers
Swim Club
Third Form Sport Carousel
Warhammer
Yoga

THURSDAY
Drama priority
A Time to Read
Academic Scholars
Basketball
Cambridge Chemistry Challenge
Chamber Music
Chess
Chinese
Creative Writing
Cricket
Dance – Commercial Heels
Dance – Latin Fusion
Dance – Musical Theatre
Drama – Rehearsals
DT – Open Workshop
Engineering
Evening Prayer
Farm
German
Gym – LTAD
Individual Music Practice
Knitting and Crochet
Law (LNAT Prep)
MAT and STEP
Maths – Problem Solving
Outreach
Peer Supporters
Prefects
Shooting
Squash
Swim Club
Tech First Robots

FRIDAY
Music and Drama priority
Art – Oil Painting
Art – Open Studio
Art – Print Making
Athletics – Pre-Season
Book Spa
Choir Practice
Cricket
Dance – Ballet
Debating
Drama – Rehearsals
DT Open Workshop
Dungeons and Dragons
Ecology
Football
Hockey
Individual Music Practice
Lego Club
Make a Skateboard (DT)
Netball
Outreach – Electric Storm
Photography
Physics Stretch and Challenge
Rugby
String Chamber Orchestra
Swim Club
Tennis
Textiles
Touch Typing
Yoga

In order to encourage participation in the co-curricular programme, there are expected levels of engagement as follows:

- Third & Fourth Form • At least four activities each week
- Fifth Form & Lower Sixth • At least three activities each week
- Upper Sixth • At least two activities each week

Far from filling every moment of the week, the programme is designed with your tutor to ensure you have time for clinics, reading and extension work, as well as opportunities to relax, socialise and make the most of our beautiful grounds.

In the Summer Term, there are no expectations of engagement for the Fifth Form and Upper Sixth because of GCSEs and A Levels. However, you would still be expected to attend Saturday fixtures and any other commitments (eg Drama rehearsals).

Third Form (Year 9) Carousel

If joining the College in the Third Form, the weekly Third Form Carousel provides an exciting introduction to co-curricular life. Through a rotation of activities including electronics, coding, sewing, debating, cookery, equestrianism, classics and Eton Fives, you discover new interests and gain confidence in trying something unfamiliar. It is often through these early experiences that lifelong passions are first uncovered.

This includes:

- Electronics • Farm • Coding • Sewing
- Bridge • Eton Fives • Equestrian
- Ready Steady Cook • Debating • Classics

Sport

Sport at Lancing is about far more than competition.

It is about developing teamwork, resilience, leadership and a lifelong appreciation for physical wellbeing. Whether competing at an elite level, representing the College, or participating recreationally, everyone is encouraged to find an activity they enjoy and to challenge themselves.

Advent Term

Boys – Football

Girls – Hockey

Lent Term

Boys – Hockey & Football

Girls – Netball

Summer Term

Boys – Athletics, Cricket and Tennis

Girls – Football, Athletics, Cricket and Tennis



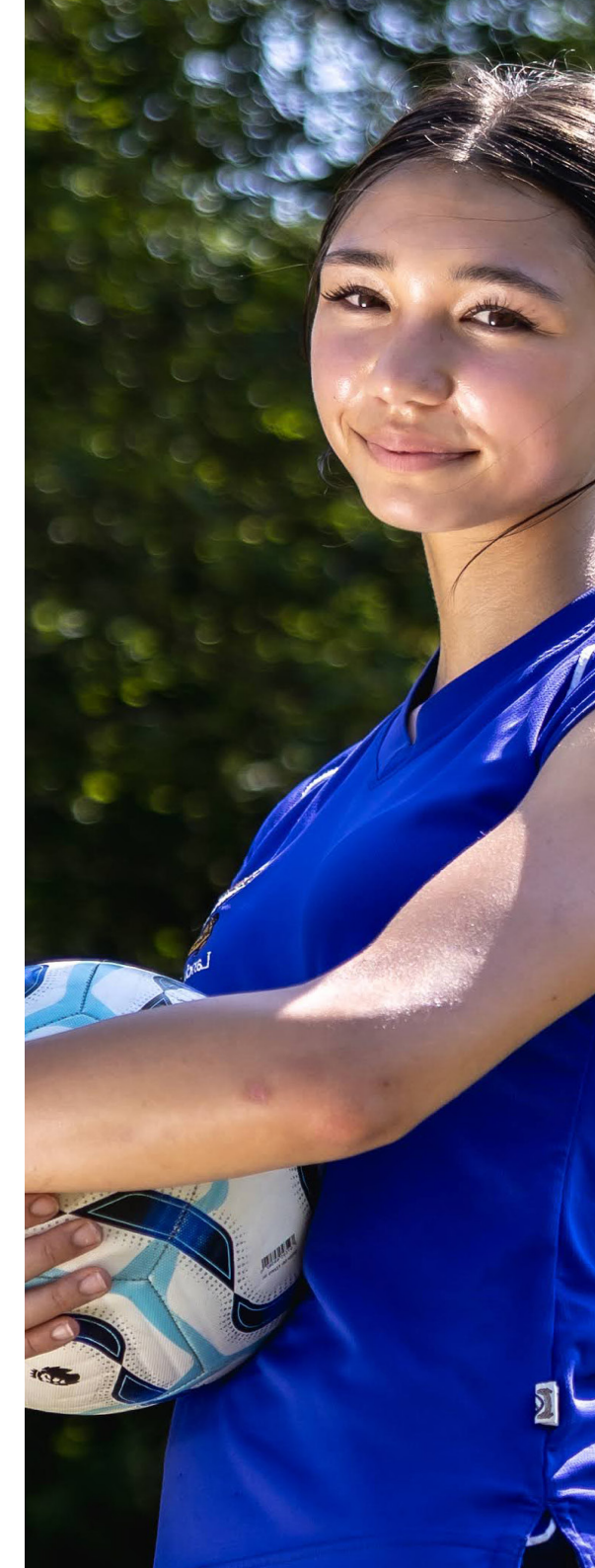
Swim Club

Founded in 2018 by former GB international swimmer Charlotte Malik, Lancing College Swimming Club provides expert coaching in an ambitious and supportive environment. Affiliated to Swim England, the Club helps swimmers of all abilities reach their full potential while developing discipline, time management and resilience. With a strong track record of nurturing county, regional and national-level swimmers, it has become an important part of the College's sporting provision.



Equestrian Centre

Few schools can offer an equestrian facility within their own grounds, making the Lancing College Equestrian Centre a unique part of the co-curricular programme. Catering for riders of all abilities, the Centre offers taster sessions, group and individual lessons, dressage, horseball and jumping instruction, alongside insights into the wider equestrian world through talks from vets, farriers and equine specialists. Whether riding recreationally or representing the College Equestrian Team, pupils develop confidence, responsibility and a strong connection to the South Downs landscape that surrounds the College.



Aikido
Air Rifle Shooting
Basketball
Cricket
Eton Fives
Farm
Football
Gym
Hockey
LTAD
Kick Boxing
Lancing Swimming Club
League Run
Netball
Riding
Rollerskate Club
Self Defence
Shooting
Sports Scholars – IDP
Squash Open
Team Equestrian
Tennis

Physical

Dance Drama Music

A vibrant arts culture encourages creativity, collaboration and self-expression.

The Arts provide opportunities to explore, create and perform, whether as a musician, actor, dancer, designer, technician or enthusiastic audience member.



Performing Arts are alive, well and vibrant at Lancing. We have a terrific musical tradition; a plethora of orchestras, bands, groups and ensembles; providing tuition in almost every instrument imaginable spanning classical to jazz to rock music. Performance and participation possibilities are extensive.



There are two theatres – an indoor and an outdoor amphitheatre – a dance studio, and up to 12 plays are staged each year, from the annual Musical to pupil-written and directed works. There’s also an annual inter-House film competition and Lancing lists the theatre greats Sir Tim Rice, Sir Christopher Hampton and Sir David Hare amongst its alumni.



ART/PHOTOGRAPHY/D&T
Architecture Workshop
Art – Open Studio
Art – Creative Approaches to Printmaking
Art – Fine Art Open Studio
Art – Oil Painting Club
Fashion Workshop
Photography – Open Studio
Textiles Club

DANCE
Audition techniques
Ballet
Boys' Vortex
Cabaret
Choreography
Commercial Heels
Contemporary
Dance Show
Invitational
Jazz
Lyrical
Musical Theatre
Street
Tap

DRAMA
Curtain Raisers
Donald Bancroft One-Act Play
Full length plays
Junior Play
Musical

MUSIC
A Cappella Club
Aural + Theory
Big Band
Chamber Music
Chamber Music/Coaching
Choir
Choral Scholars
Concert Band
Conducting Class
Flute Ensemble
Honk! Saxophone Ensemble
Individual Music Practice
Piano Trio
Piano Duets
Rock Music Workshop
Sinfonia
String Chamber Orchestra
String Quartet
Symphony Orchestra
Tech Club
Wind Quintet

Service



Explorer Scouts

Develop practical life skills, self-reliance and confidence through a varied programme of adventure and outdoor learning. Activities range from camping, cooking and bushcraft to teamwork challenges and leadership exercises, and you take an active role in shaping the programme. Scouting also provides opportunities to work towards nationally recognised awards, including the prestigious King's Scout Award.



Duke of Edinburgh's Awards

One of the most respected youth achievement programmes in the world. Develop skills, pursue physical activities, volunteer within communities and complete expeditions. Through the Bronze, Silver and Gold Awards, learn perseverance, independence and teamwork while gaining experiences that enhance personal development and university applications alike. Through the Duke of Edinburgh's Awards, discover new strengths and develop a lifelong spirit of adventure.



Combined Cadet Force (CCF)

Develop leadership, teamwork and resilience through a structured programme of military-inspired training. With both Army and RAF sections, you can gain practical experience in areas such as fieldcraft, navigation, airmanship and outdoor leadership, while taking part in exercises, camps and training events throughout the year. Also a rewarding pathway into leadership, with opportunities to mentor and train younger cadets in the Sixth Form.



Service lies
at the heart
of a Lancing
education.

Service develops a sense of responsibility for yourself and also for those around you. Through our service programmes, you have the opportunity to learn leadership skills, support others and contribute positively to your community.

Community Action

Make a meaningful contribution both within the College and across the local community. Through volunteering opportunities that may include supporting younger children, visiting care homes, participating in environmental projects and assisting local initiatives, you develop empathy, responsibility and a deeper understanding of the impact you have on others. Become an active, compassionate citizen, prepared to make a positive difference in the world.



Service Activities

CCF – NCO Training
CCF – Army
CCF – RAF
Dog Walking
Duke of Edinburgh's Award expeditions (various)
Evening Prayer
Explorer Scouts

Outreach

Foodbank Support
SRW Mentoring Programme
Care Homes
Electric Storm
Care for Veterans
Primary Schools
Litter Picking

Service & Community

Trips & Visits

Some of the most memorable learning takes place beyond the classroom.

An extensive programme of trips, visits and expeditions deepens academic understanding, whilst experiencing different cultures and facing challenges in unfamiliar environments.

Ranging from day trips to a month in Malawi; from sport to culture, from service to pilgrimage; from subject exploration to Duke of Edinburgh expeditions, there is something for everyone, across the year groups, spanning the continents or closer to home.



Here is a taster of the types of trips and visits undertaken throughout the year:

Overnight visits:

CCF Exercises

Classics trip to Greece

Cultural trip to Nepal

Duke of Edinburgh expeditions (various)

Geography trip to Barcelona

Geography trip to Iceland

Hockey trip to Holland

Languages trips to Spain, France and Germany

Maths trip to New York

Physics trip to CERN

Politics trip to Houses of Parliament

Scout Trip to Switzerland

Ski trip to Italy

Support partner charities in Malawi

Tennis camp in Cyprus

Third Form Challenge to Washington campsite

Various Sports Tours

Art trips to the Tate Gallery

Biology trip to the Natural History Museum

BTEC Business trip to London

Chemistry competition in West Sussex

Choir performance at St Paul's Cathedral

Climbing at Boulder Brighton

Drama production in Chichester

Economics lectures in London

History trip to Battle

Medic lectures at Royal Sussex County Hospital

Photography trip to Goodwood House

Physics lectures at Sussex University

RAF Flying day at Boscombe Down

UCAS fair in Brighton



ACADEMIC

Biology Clinics

Chemistry Clinics

Chinese Clinics

Classics Clinic

Economics and Politics

English Oxbridge Preparation

Extended Project Qualification (EPQ)

Finance Clinics

German Clinics

History Clinic (GCSE)

Linguistics

Maths Clinics

Philosophy

Russian Clinics

Science Clinics

Spanish Clinics

Supervised Evening School

ENRICHMENT

Third Form Carousel

A Time to Read

Academic Scientific Research

Advanced Chinese

Barista Training

Business Finance Enrichment

CANSAT

Creative Writing

Medical Society

Robotics

Enrichment

Weekends

Weekends are an important and distinctive part of life at Lancing.

They offer the freedom to relax, socialise and pursue interests while continuing to enjoy the benefits of a vibrant boarding community.

Facilities Open at Weekends

The Music School, Drama spaces, Dance Studio, Art Department, Library and sporting facilities remain available throughout the weekend, allowing time to rehearse, practise, create, train or simply enjoy spending time with friends. This flexibility offers balance between organised activities, independent pursuits and personal downtime.

Fixtures

Saturdays provide the opportunity for pupils to represent the College in a wide range of competitive fixtures. Taking place throughout the year across our major sports programme, fixtures bring together pupils, staff and parents in a spirit of teamwork, commitment and sportsmanship. Whether competing at the highest level or representing the College for the first time, take pride in wearing Lancing colours and contributing to the strong sporting culture of the College.

Trips and Excursions

Regular weekend trips provide opportunities to explore beyond the College campus, enjoy time with friends and experience the wider area. From shopping visits and cultural outings to seasonal events and organised excursions, these trips offer a welcome change of scene and contribute to the varied and enjoyable rhythm of boarding life.

Chapel Weekends

Four times each year, the College community comes together for a Chapel Weekend, one of the most distinctive and valued traditions of life at Lancing. These weekends provide an opportunity to pause, reconnect and celebrate the shared spirit of the College, bringing together pupils, staff, parents and families within the unique setting of Lancing Chapel.

Exeats

Five Exeat weekends are scheduled throughout the academic year, to rest and recharge before returning for the next phase of term. We typically leave site from 4.00pm on Friday and return on Sunday evening, while the May Bank Holiday Exeat offers an extended break. Full details and dates can be found in the College calendar.

For those who are unable to return home, Lancing offers an optional Home and Away programme. Supervised by College staff and based at a nearby residential centre, the programme combines a welcoming home environment with a varied schedule of excursions, activities and cultural visits.

International pupils who do not participate in the programme are expected to stay with their guardian or, in agreement with their parents, with the family of a friend.

Saturday

8.00am – 8.30am	Breakfast
8.50am – 9.25am	Lesson 1 / Tutor Period
9.30am – 10.45am	Lessons 2–3
10.45am – 11.10am	Break
11.10am – 12.25pm	Lessons 4–5
Whole Afternoon Sport	
Facilities Open:	Art Dept, Fifth & Sixth Form only, 1–4pm
	Dance Studio (1–9pm)
	Drama - Cherry Hall (1–9pm)
	Music School (1–10pm)
	Café (2–5pm)
	Gym (4–6pm)
	Sports Hall (4–6pm)
	Squash Courts (4–6pm)
6.30pm – 7.20pm	Supper
7.00pm – 9.00pm	Food Truck
	In-house activities

Sunday

11.30am – 12.30pm	Brunch
1.50–4.00pm	Trip to Holmbush shopping centre
Facilities Open:	Dance Studio (1–9pm)
	Drama (Cherry Hall) (1–9pm)
	D&T Open Workshop
	Music School (11:30am–10pm)
	Gym (4–6pm)
	Library (4–6pm)
	Sports Hall (4–6pm)
	Squash Courts (4–6pm)
	Swimming Pool
5.50pm – 6.40pm	Supper



House Activities

House life sits at the heart of the Lancing community, and weekends provide time to enjoy a wide range of social activities organised within House. From informal gatherings and year group events to competitions, celebrations and themed evenings, House activities help strengthen friendships, foster a sense of belonging and create many of the memories that will define your time at the College.





Be inspired
Be brilliant
Be you