

ABOVE & BEYOND

RISE TO THE CHALLENGE



CLUB PROGRAMME

Autumn 2026

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Welcome

Welcome to the Above & Beyond Programme, which provides a wide range of exciting extra-curricular opportunities for all students across the school. The staff at Ruislip High School have worked together to produce a timetable of clubs and societies that aim to provide students with the opportunity to supplement their academic endeavours, as well as their physical fitness and stamina.

Please read through this booklet to find out the options for our enrichment clubs on offer this term. **We recommend that students in Key Stage 3 aim to attend at least two clubs per week and students in Key Stage 4 and 5 aim to attend at least one club per week.** If students wish to attend clubs that fall on the same day, they may alternate each week.

How to sign up

To sign up for any of the Above & Beyond clubs, please login to Arbor. Instructions on how to sign your child up for a club can be found [here](#).

Spaces are limited and will be allocated on a first-come, first-served basis.

Should parents/guardians have any questions, please contact Mrs Horton or Miss Garner at aandbclubs@ruisliphigh.org.uk

We hope that students enjoy the club programme and take full advantage of the fantastic activities available.

Yours sincerely

Mrs Horton & Miss Garner
Above & Beyond Coordinators

Weekly Schedule

Monday	Morning: Cross Country Club Afternoon: Chess Club Duke of Edinburgh Skills Cooking Course Flag Football – KS3 girls Henna Club
Tuesday	Morning: Indoor Pickleball Club Afternoon: Choir Drama Club Flag Football (KS3) History Magazine Club Japanese Club Quiz Club Rugby Club Spanish Club
Wednesday	Morning: Basketball Club Afternoon: Animal Club (Week A only) Art Club Basketball Club Code Craft Club Cooking Club Dandelion Club (Week B only) Football Club (girls and boys) LRC Homework and Reading Club Minecraft Club Public Speaking Club
Thursday	Morning: Badminton Club Afternoon: Boxing Club Dance Club Film Club (KS4/5) Netball Club
Friday	Morning: Trampolining Club Afternoon: LRC Games Club Trampolining Club (GCSE)

ANIMAL CLUB

Day:	Wednesday (Week A only)
Start Time:	3.00pm
End Time:	4.00pm
Venue:	EcoHub
Cost:	£36 per term

Club Description:

At Animal Club we love animals! Our mission is to educate the students about different animals and how the animal kingdom works. The teachers are incredibly passionate about the animals we keep in school and wish to share their expertise. We have all sorts of fascinating animals from corn snakes to tree frogs.

The sessions we deliver are highly interactive and involve the options of handling the animals, cleaning their homes and learning interesting facts.



ART CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C110
Cost:	N/A

Club Description:

Every Tuesday after school a group of students get together to share their love of art at Art Club. Art club encourages everyone to express their creativity – so it doesn't matter if you think you can't draw or feel you're not the 'arty' type. We believe that Art is good for you, whoever you are!



BASKETBALL CLUB

Day:	Wednesday
Start Time:	3.00PM
End Time:	4.00pm
Venue:	Sports Hall
Cost:	N/A

Club Description:

The Above & Beyond basketball club at Ruislip High School infuses the high standards of an international coach into a casual school setting.

This is a high-energy extracurricular program designed to develop both athletic skill and personal character. Open to all year groups this is a popular, well attended club and caters to absolute beginners alongside advanced school-team players. The club is well structured to ensure every child gets maximum time with the ball and it uses the sport to teach discipline, teamwork, and resilience.



BOXING CLUB

Day:	Thursday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Main Hall
Cost:	£60 per term

Club Description:

Would you like to learn the discipline and skills required to take part in the sport of boxing? Would you like to improve your fitness in a structured, yet fun environment?

Sign-up to our boxing club to develop your fitness and improve your boxing skills. Please note: this club is focused on the discipline of the sport in an active and safe environment. Students will learn a range of boxing moves and techniques, using gloves and pads.



CHess CLUB

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	E305
Cost:	£60 per term

Club Description:

Welcome to the exciting world of chess! Chess club combines strategy, intellect, and a rich history of one of the oldest and most revered board games in the world.

A welcoming space for players of all skill levels to come together, play games and learn from each other.



RHS CHOIR

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D308/Main Hall
Cost:	N/A

Club Description:

Every Tuesday after school, RHS Choir, run by Mr Bai, practises a wonderful repertoire from pop and musical theatre to NewAge music! Students from all year groups get together to make music, learn about correct singing posture and most importantly, have fun!

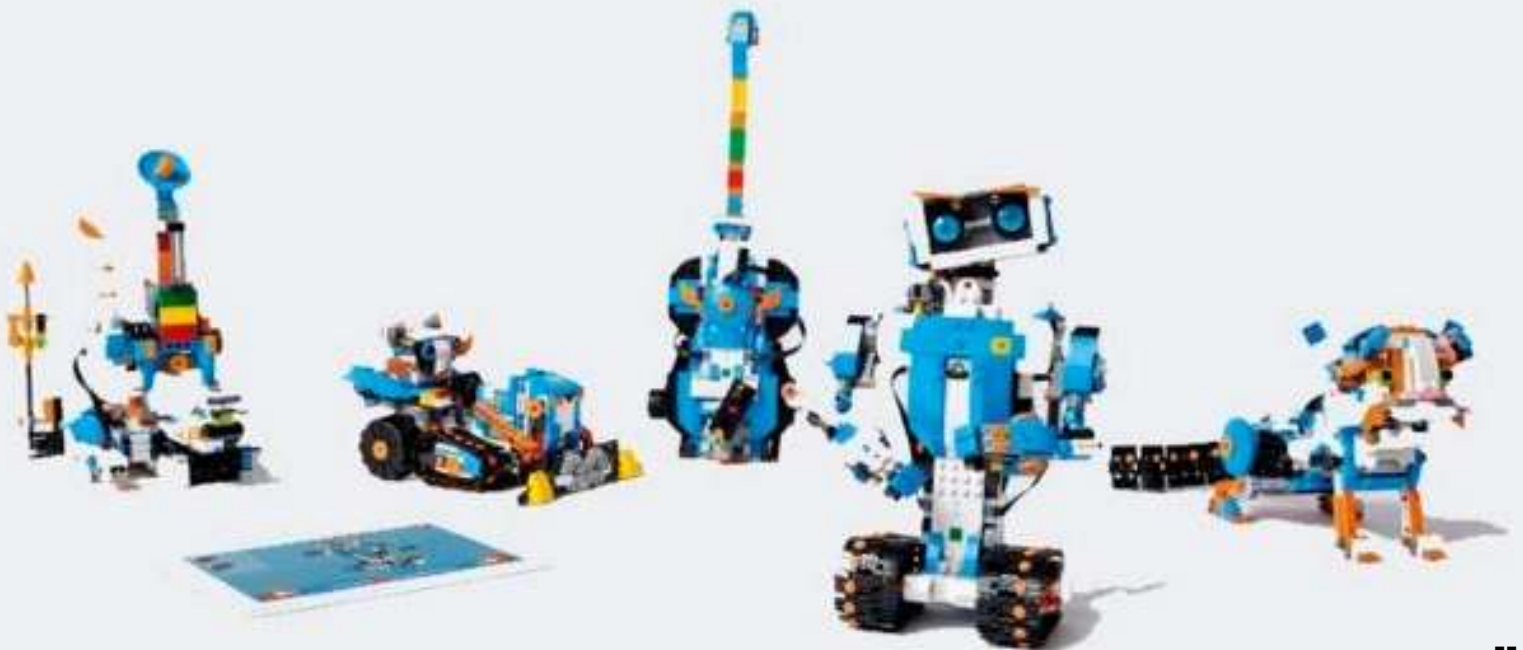


CODE CRAFT CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C209
Cost:	N/A

Club Description:

Code Craft Club is a fun and friendly place where you can explore the exciting world of coding, robotics, puzzles, and problem-solving! Learn how to think like a computer, build cool creations, and take on brain-teasing challenges with your friends. No experience needed—just bring your curiosity and imagination!



COOKING CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C107
Cost:	£120 per term

Club Description:

At Mix & Munch we are passionate about inspiring children to explore the wonderful world of food and flavours. Our classes focus on growing confidence and cooperation, encouraging teamwork and are fun & Foodabulous!

Each week we make a dish that the cooks take home. Mix & Munch provides all the food and take-away containers and recipes are uploaded with an optional homework recipe onto Google classroom.



DANCE CLUB

Day:	Thursday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Drama Studio
Cost:	N/A

Club Description:

Fusion Dance Collective

The Fusion Dance Collective is a club that merges the rhythmic energy of jazz with the fluid, expressive freedom of contemporary dance. It is designed for students of all skill levels, from absolute beginners to advanced dancers. This club will help to build foundations, boost confidence, foster teamwork and promote fitness.



DANDELION CLUB

Day:	Wednesday (Week B only)
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D312
Cost:	N/A

Club Description:

This club is a chance for our Service Children to share their experiences, support each other and come together to celebrate their strengths. Dandelion Club will meet fortnightly allowing students to meet other Service Children in our school and connect through activities, games and an exploration of 'forces life'.



DRAMA CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Main Hall
Cost:	N/A

Club Description:

Drama Club is a place to have fun and expand on what you do in Drama lessons. From playing games to exploring different texts, it aims to encourage young performers to step out of their comfort zones and have fun!



DUKE OF EDINBURGH SKILLS COOKING COURSE

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C107
Cost:	£120 per term

Club Description:

We are delighted to be running this course for years 9, 10 & 11 – it meets the requirements of the Duke of Edinburgh Skills Award skills section, Bronze or Silver. However, any students are welcome to join.



FILM CLUB - KS4/5

Day:	Thursday
Start Time:	3.00pm
End Time:	4.00pm (or film length dependent)
Venue:	C101
Cost:	N/A

Club Description:

An opportunity for KS4 and KS5 students to share their love and interest in all aspects of film. They will follow a carefully selected programme of films and then study the storylines, direction and creativity of film production. Students will also have the opportunity to take part in creative tasks linked to the films watched.

Note: 'Film Week' will be a longer session (students will be notified how long the film is the week before) and 'Activity Week' will always be an hour.

PLEASE NOTE:

Film Club will not take place on the 23rd April, 30th April, 14th May, 11th June and 9th July



FLAG FOOTBALL - KS3 GIRLS

Day:	Monday
Start Time:	7.30am
End Time:	8.15am
Venue:	Sports Hall
Cost:	N/A

Club Description:



Calling Girls in Years 7,8 and 9!



Want to play American football, make new friends, and compete at the highest levels? Join **Ruislip High School's new girls' NFL FLAG team!** This is your chance to:

Play in the **New York Jets League**

Compete in **regional and national tournaments**

Potentially represent Ruislip on an **international stage**

No experience? No problem! NFL FLAG is a **fun, no-contact version of football** that's perfect for all skill levels. Show off your speed, strategy, and teamwork — and be part of something exciting from the ground up!



HENNA CLUB - Textile & Paper Design

Day:	Monday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	TBC
Cost:	N/A

Club Description:

A creative and cultural space where members gather to celebrate, learn, and practice the ancient art of mehndi. These clubs often bridge the gap between traditional heritage and modern self-expression, offering a relaxed environment for both seasoned artists and curious beginners.

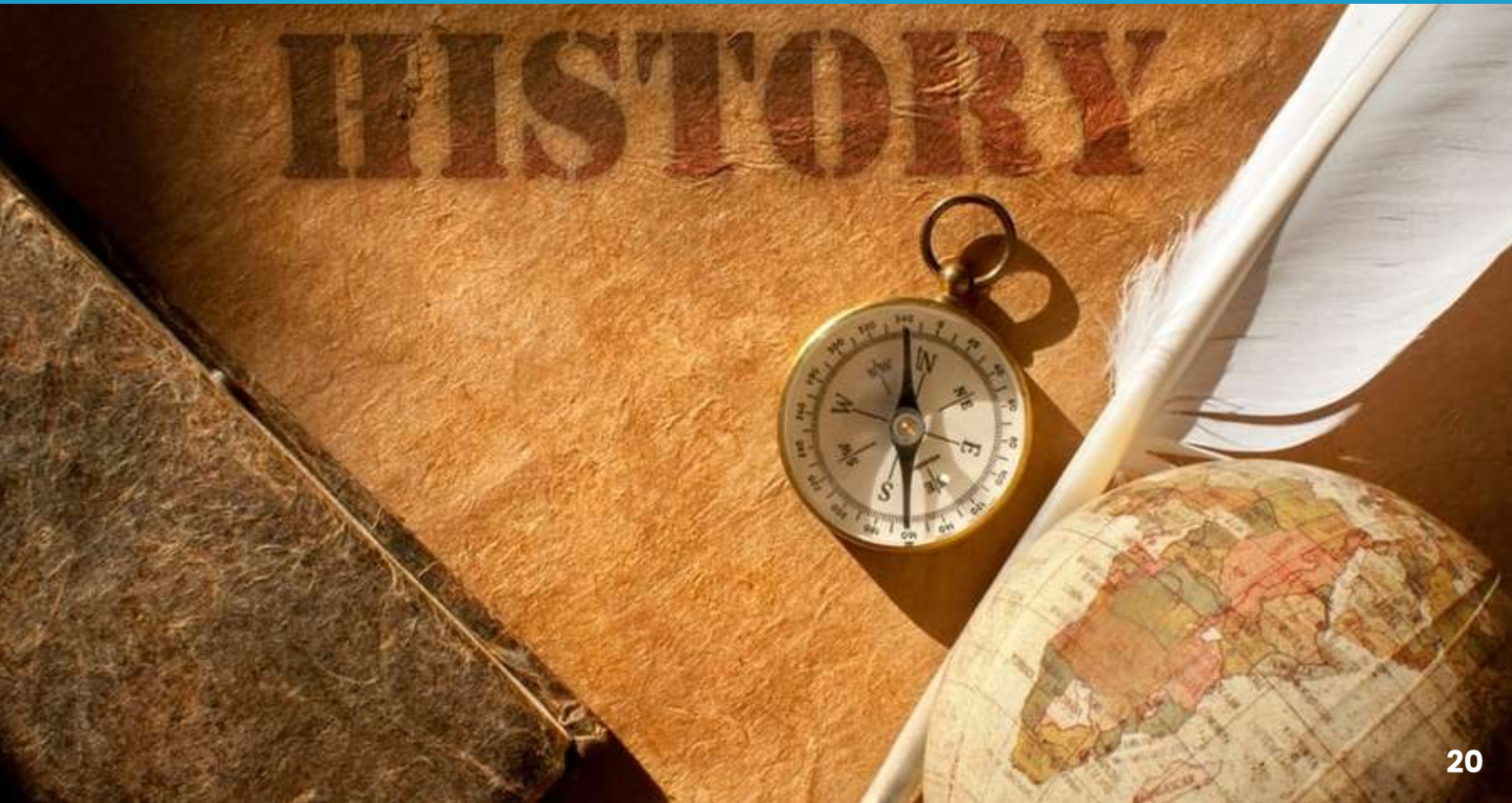


HISTORY MAGAZINE CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	D316
Cost:	N/A

Club Description:

Open to all students with an interest in history, this is a great opportunity to research and write about a historical topic of your choice — particularly one we haven't covered in lessons. Develop your research skills, think like a historian, and showcase your curiosity and passion.



JAPANESE CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	A213
Cost:	N/A

Club Description:

This club will provide students with an exciting opportunity to begin to learn the Japanese language as well as exploring Japanese culture in order to gain a further understanding of the country.



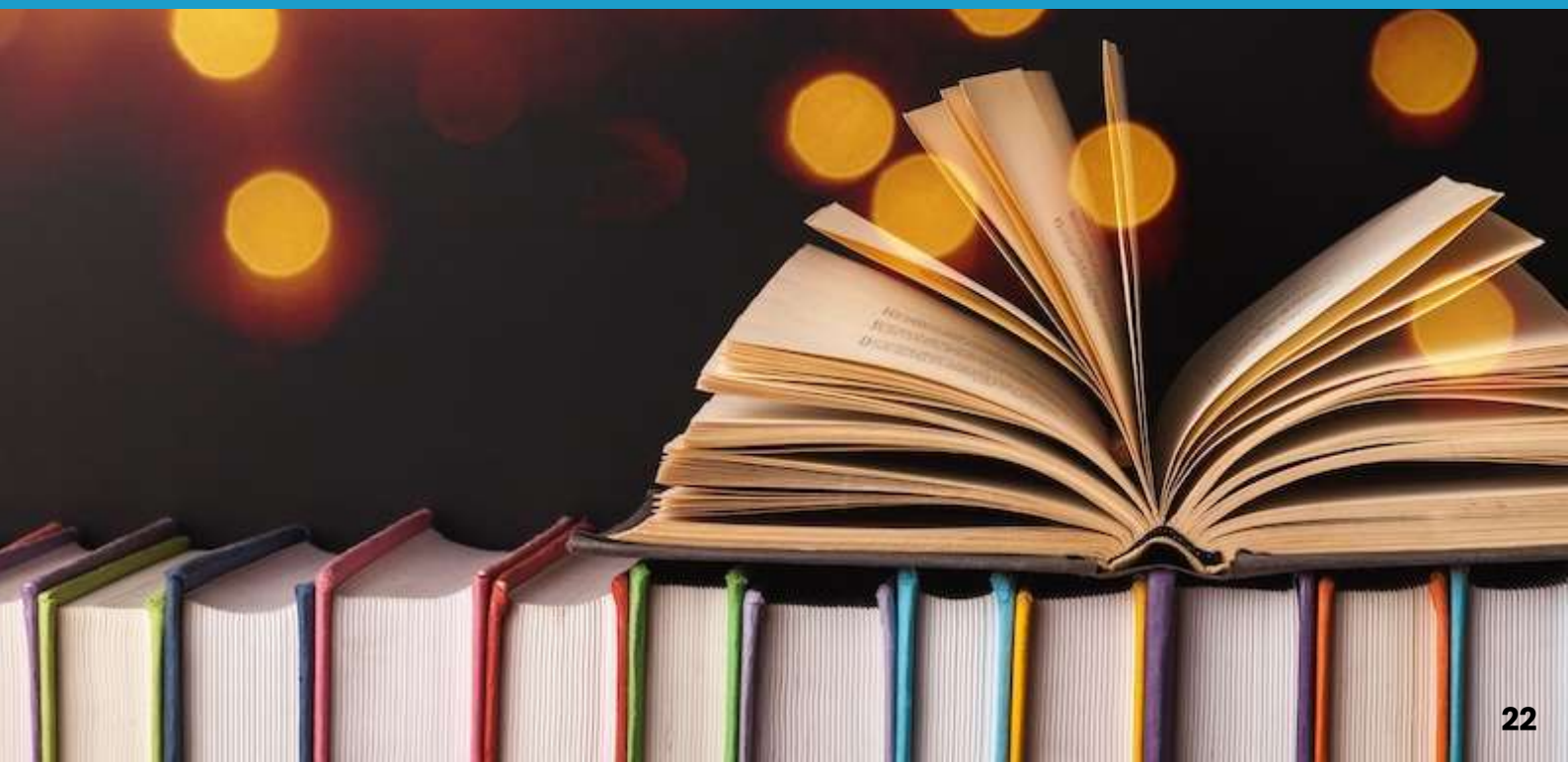
LRC CLUBS

Club	Day	Time	Venue
Homework and Reading	Wednesday	3.00pm-4.00pm	LRC
LRC Games Club	Friday	3.00pm-4.00pm	LRC

Club Description:

BookTok and Games Clubs are offered by Mrs Austen in the LRC.

Join BookTok Club to dive into the the latest releases and swap reading recommendations! Games Club offers a mix of board games, computer games, and more.



MINECRAFT CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C202
Cost:	N/A

Club Description:

At Minecraft Club students can creatively build online worlds and environments, exploring different materials and scenarios. Students will be supervised to explore a secure online portal and encouraged to work together to build, create and problem solve specific tasks.

The image shows the word "MINECRAFT" in its iconic pixelated, blocky font. The letters are grey with black outlines and are set against a background of green and brown 3D cubes, resembling the terrain in the game. The cubes are arranged in a complex, non-uniform pattern, creating a sense of depth and texture.

MINECRAFT

PE CLUBS

Club	Age	Day	Time	Venue
Cross Country	KS3	Monday	7.30am-8.15am	Field
Indoor Pickleball	KS3/4	Tuesday	7.30am-8.15am	Sports Hall
Rugby	KS3/4	Tuesday	3.00pm-4.00pm	Field
Basketball	KS3/4	Wednesday	7.30am-8.15am	Sports Hall
Girls Football	KS3/4	Wednesday	3.00pm-4.00pm	Field
Boys Football	KS3/4	Wednesday	3.00pm-4.00pm	Field
Badminton	KS3	Thursday	7.30am-8.15am	Sports Hall
Netball	KS3/4	Thursday	3.00pm-4.00pm	MUGA
Trampolining	KS3/4	Friday	7.30am-8.15am	Sports Hall
GCSE Trampolining	GCSE PE only	Friday	3.00pm-4.00pm	Sports Hall

The Physical Education department offers a wide variety of clubs for students to participate in either mornings and/or after school. Students have the opportunity to participate in clubs for both enjoyment and to compete against other schools in fixtures and competitions.

The clubs on offer change throughout the year to provide extra opportunities and are linked to times of competitions and fixtures so that students have the opportunity to practise for these. The majority of the clubs listed are free of charge. However, further information about any costs required for specific clubs below will be provided by the PE Department.



PUBLIC SPEAKING CLUB

Day:	Wednesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	Drama Studio
Cost:	N/A

Club Description:

Boost Your Career with Public Speaking

Mastering public speaking builds immediate confidence, elevates your school presentations, and sets you up for future career success. This club is designed for students in Year 10 and above to transform from nervous speakers into engaging presenters. Key skills you will learn are hooking audiences, body language, vocal variety, structuring ideas and managing anxiety.



PUBLIC SPEAKING

QUIZ CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	C306
Cost:	N/A

Club Description:

A club for students who love the opportunity to test their knowledge on a broad range of subjects in a fun, supportive and healthily competitive environment!



SPANISH CLUB

Day:	Tuesday
Start Time:	3.00pm
End Time:	4.00pm
Venue:	A210
Cost:	N/A

Club Description:

A perfect opportunity to learn about the Spanish language, culture and traditions. Students will get the chance to play games, make and try typical foods and watch movies in the language being taught.

Teachers are also happy to tailor sessions to cover topics the students would like to learn about.

