



# **ABOVE & BEYOND**

**RISE TO THE CHALLENGE**

**CLUB PROGRAMME**

**Spring 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.

Some activities require a termly payment to cover the running costs of the activity. Any costs are listed next to the information about the club within this booklet. If a student wishes to attend a club with a cost, parents will be contacted to make payment via ParentPay by the **deadline of Sunday 11th January 2026. Delayed payments may lead to places being offered to other students.** Paid clubs are non-refundable except for cases with extenuating circumstances.

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](#).

The deadline to register for clubs is **Friday 12th December 2025.** Late applications will be considered but please be aware some of our clubs are very popular and **admittance to clubs will be given on a first-come, first-served basis.** All clubs are capped at 25 students unless stated otherwise.

Should parents/guardians have any questions, please contact Mrs Horton or Miss Garner at [aandbclubs@ruisliphigh.org.uk](mailto:aandbclubs@ruisliphigh.org.uk)

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

Yours sincerely

Mrs Horton & Miss Garner  
**Above & Beyond Coordinators**

# THE ABOVE & BEYOND AWARD

The purpose of the award is to recognise the students who take up all opportunities in school to enrich their wider understanding of the world and have a passion for learning beyond the classroom.

A range of enriching experiences, opportunities and all of our Above & Beyond clubs have been included in one of the following four categories: community, physical, creativity and culture.

Each category has bronze, silver and gold criteria. When students meet the criteria under each category, they will earn a bronze, silver or gold award for the category.

The themes found under each category are shown in the table below:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

*The full list of criteria for each category theme will be communicated with students and parents*

Therefore, a student could hold a bronze award for physical or a silver award for creativity. If students meet the criteria at a particular level across all four categories, then they will qualify for an overall 'Above and Beyond Award' at that level.

The criteria has been developed to allow students to progress across the levels over their time at Ruislip High School.

If you feel your child qualifies for the A&B award during their time at RHS, please complete the relevant form, which can be found [here](#) and on our school's website on the Above & Beyond section, alongside the full award criteria.

# WEEKLY SCHEDULE

<b>Monday</b>	<b>Morning:</b> Cross Country/Indoor Athletics - SPACES  <b>Afternoon:</b> Boxing - SPACES Chess - SPACES Duke of Edinburgh Skills Cooking Course - <b>ONE SPACE LEFT!</b>
<b>Tuesday</b>	<b>Morning:</b> Indoor Pickleball - SPACES  <b>Afternoon:</b> Art - FULL LRC - Homework/Reading - SPACES Choir - SPACES Japanese - SPACES Drama - FULL Spanish - SPACES Girls Flag Football (KS3) - SPACES Community Languages Clinic (GCSE/A'Level) - SPACES
<b>Wednesday</b>	<b>Morning:</b> Basketball - SPACES  <b>Afternoon:</b> Animal Club (Week A only)- <b>ONE SPACE LEFT!</b> Debate Club (Week B Only) - SPACES Science Homework Club (KS3) - SPACES LRC Homework/Reading - SPACES Cooking - FULL Coding Craft Club - SPACES Basketball - SPACES Girls Football - SPACES Minecraft - SPACES Concert Band - SPACES Quiz Club - SPACES
<b>Thursday</b>	<b>Morning:</b> Badminton - SPACES Maths Clinic - SPACES  <b>Afternoon:</b> Boys Football - SPACES LRC - Homework and Reading Club - SPACES Netball - SPACES Film Club (KS4/5 only) - SPACES
<b>Friday</b>	<b>Morning:</b> Trampolining - FULL  <b>Afternoon:</b> LRC Games and Reading Club - SPACES

# PE CLUBS

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 below are free of charge. However, further information about any costs required for specific clubs below will be provided by the PE Department.*

Club	Age	Day	Time	Venue
<b>Cross Country/Indoor Athletics</b>	KS3	Monday	7:30 am - 8:15 am	Sports Hall
<b>Boxing</b>	KS3/4	Monday	3:00 pm - 4:00 pm	Sports Hall
<b>Indoor Pickleball</b>	KS3/4	Tuesday	7:30 am - 8:15 am	Sports Hall
<b>Basketball</b>	KS3/4	Wednesday	7:30 am - 8:15 am	Sports Hall
<b>Basketball</b>	KS3/4	Wednesday	3:00 pm - 4:00 pm	Sports Hall
<b>Girls' Football</b>	KS3/4	Wednesday	3:00 pm - 4:00 pm	Field
<b>Badminton</b>	KS3	Thursday	7:30 am - 8:15 am	Sports Hall
<b>Football</b>	KS3/4	Thursday	3:00 pm - 4:00 pm	Field
<b>Netball</b>	KS3/4	Thursday	3:00 pm - 4:00 pm	Sports Hall
<b>Trampolining</b>	KS3	Friday	7:30 am - 8:15 am	Sports Hall

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# ANIMAL CLUB

<b>Day:</b>	Wednesday (Week A only)
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	EcoHub
<b>Cost:</b>	£30 per term
<b>Spaces:</b>	20



## 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.

**PLEASE NOTE!** This club runs every alternate week only.

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# BOXING CLUB

Club	Day	Time:	Venue	Cost per term
<b>Boxing</b>	Monday	3:00-4:00pm	Main Hall	£45



## 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.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# CHESS CLUB

<b>Day:</b>	Monday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	E305
<b>Cost:</b>	£40 per term
<b>Spaces:</b>	20



## 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.

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# COOKING CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C107
<b>Cost:</b>	£81 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.

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# DRAMA CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	Main Hall
<b>Cost:</b>	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!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# JAPANESE CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	A213
<b>Cost:</b>	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.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# LRC CLUBS

A variety of clubs offered by Mrs Austen in the LRC throughout the week, including: discussing the latest books; sharing reading recommendations; completing homework; discussing articles and silent reading.

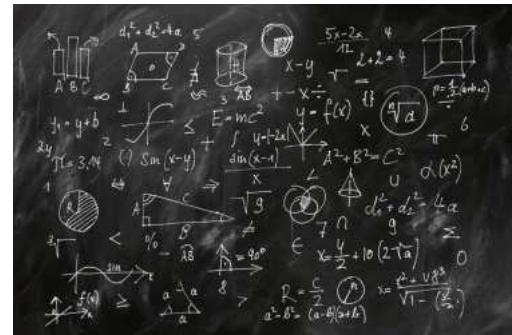
Club	Day	Time	Venue
<b>Homework / Silent Reading</b>	Tuesday	3:00 pm-4:00 pm	LCR
<b>Homework / Silent Reading</b>	Wednesday	3:00 pm-4:00 pm	LCR
<b>Homework / Silent Reading</b>	Thursday	3:00 pm-4:00 pm	LCR
<b>Board Games</b>	Friday	3:00 pm-4:00 pm	LCR

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# MATHS CLUB

<b>Day:</b>	Thursday
<b>Start Time:</b>	8:00 am
<b>End Time:</b>	8:25 am
<b>Venue:</b>	Maths Corridor
<b>Cost:</b>	N/A



## Club description:

At Maths Club students can receive one-to-one support on topics they find challenging, help with homework and extension work.

The Maths Club is run as a way to inspire a love of maths so that learners can become confident and resilient problem solvers.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# MINECRAFT CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C202
<b>Cost:</b>	N/A
<b>Spaces:</b>	30



## 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.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# CONCERT BAND

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	D308/Main Hall
<b>Cost:</b>	N/A



## Club description:

The RHS Band started in September 2021 as a small ensemble setting. Gradually, it grew to incorporate a wind, brass, percussion, and string section. The band has covered a broad range of repertoire from Blues to the exciting Star Wars theme tune; it is without doubt one very exciting club to join as a young aspiring musician. **An audition for more students who can play brass and/or woodwind instruments will be advertised separately.**

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# RHS CHOIR

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	D308/Main Hall
<b>Cost:</b>	N/A



## Club description:

Every Tuesday after school, RHS Choir, run by Miss Nastou, 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!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# CODE CRAFT CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C209
<b>Cost:</b>	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!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# SPANISH CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	A210
<b>Cost:</b>	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.

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# ART CLUB

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C103
<b>Cost:</b>	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!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# FILM CLUB

## (KS4/5 ONLY)

<b>Day:</b>	Thursday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm (or film length dependent)
<b>Venue:</b>	C101
<b>Cost:</b>	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.

Above & Beyond Award Category:			
Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# QUIZ CLUB

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C306
<b>Cost:</b>	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!

## Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# SCIENCE HOMEWORK CLUB

(KS3 ONLY)

<b>Day:</b>	Wednesday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	TBC
<b>Cost:</b>	N/A



### Club description:

An exciting club to promote interest, understanding, and knowledge of the scientific world amongst students.

### Above & Beyond Award Category:

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# DEBATE CLUB

<b>Day:</b>	Wednesday (Week B)
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	TBC
<b>Cost:</b>	N/A



## Club description:

Are you a student who likes to share your view point? Why not come along and join the school's debate club!

You'll have the opportunity to discuss current issues, play fun debating games, develop your debating techniques and make new friends. The RHS Debate team is very successful and even went on to win the Vanguard Learning Trust Debate Competition in July 2022. Come and join the champions!

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# GIRLS FLAG FOOTBALL

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	Sports Hall
<b>Cost:</b>	N/A



## Club description:

🏈 Calling Girls in Years 7,8,9 at Ruislip High School! 🏈

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!

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# COMMUNITY LANGUAGES CLINIC

<b>Day:</b>	Tuesday
<b>Start Time:</b>	3:00pm
<b>End Time:</b>	4:00pm
<b>Venue:</b>	TBC
<b>Cost:</b>	N/A



## Club description:

Community Languages clinic - exam preparation for students wanting to sit GCSE or A-Level in a home language

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy

# DUKE OF EDINBURGH SKILLS COOKING COURSE

<b>Day:</b>	Monday
<b>Start Time:</b>	3:00 pm
<b>End Time:</b>	4:00 pm
<b>Venue:</b>	C107
<b>Cost:</b>	£81 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.

Community	Physical	Creativity	Culture
Leadership	Sport	Global	Enterprise
Environment	Adventure	Creativity	Diversity
Commitment	Self-discipline	Problem-solving	Appreciation
Service	Health & Wellbeing	Oracy	Literacy