

JUNIOR YEARS · SENIOR · SIXTH FORM

Extracurricular Activities and Clubs



Aims: Develop Learner's skills and understanding in hockey.

Activities: Training and Fixtures.

Skills: Physical fitness, game awareness, communication, team-work.

Cost: F.O.C.

Year group:	L4-U4	U2-U3	L5-U6	1st X1
Lead Member Staff:	Mrs Finlay	Mrs Cran	Mrs Fraser	Mr Stott
Day:	Thursday	Tuesday	Monday	Thursday
Location:	Hockey Astro pitch	Hockey Astro pitch	Hockey Astro pitch	Hockey Astro pitch
Time:	4.30pm - 5.30pm	4.15pm - 5.15pm	4.30pm - 5.30pm	4.30pm - 5.30pm
Frequency:	Weekly	Weekly	Weekly	Weekly
Contact:	rfinlay@kilgraston.com	ecran@kilgraston.com	ecran@kilgraston.com	hferry@kilgraston.com



Kilgraston School consider swimming an important life skill and is an integral part of our PE curriculum.

The swimming pool complex offers fantastic modern facilities, with a 25m pool and beautiful panoramic views across the surrounding fields and hills.

Kilgraston's swimming pool is open to both our school community as well as outside visitors.

Swimming for Kilgraston pupils

Activities for our pupils at the pool range from ages 5 through to 18 years old.

This includes:

- PE lessons (August to April)
- · Swim sessions for boarders.
- Kilgraston School Swimming Club

For further details please contact: swimming@kilgraston.com

Year group:	U2 - U6 Miss L McLaren Monday	
Lead Member Staff:		
Day:		
Location:	Swimming Pool	
Time:	4.30 - 5.30pm	
Frequency:	Weekly	
Contact:	swimming@kilgraston.com	
Cost	TBC	
Aims	To enhance stroke technique and efficency.	
Activities	Swimming	
Skills	Swim a minimum of 25m (1 length) front crawl, back crawl and breast stroke.	



Tennis at Kilgraston

At Kilgraston we work with children of all ages and abilities, encouraging homegrown talent throughout the school.

Enjoyment of tennis is at the heart of our programme whatever a child's age or ability. We encourage pupils to participate from a young age following our minitennis programme and older pupils can also improve their game through regular squads and individual lessons. Parents too, are invited to come and play on Saturday lunchtimes during term time. Girls aspiring to the performance level are invited to join our Tennis Academy.

For further details please contact: tennis@kilgraston.com

Year group: **Lead Member**

Staff:

Day:

Time:

Location:

Frequency:

Contact:

Cost

Under 9

Mr Nicol Brennan

Tuesday

Tennis courts

4.15 - 5pm

Weekly

tennis@kilgraston.com

FOC

Under 11

Mr Nicol Brennan

Monday

Tennis courts

4.15 - 5pm

Weekly

tennis@kilgraston.com

FOC

Under 13

Mr Nicol Brennan

Wednesday

Tennis courts

4.15 - 5pm

Weekly

tennis@kilgraston.com

FOC

The Kilgraston Equestrian Centre

Kilgraston is the only school in Scotland with equestrian facilities on campus, giving pupils the unique ability to ride regularly, on-site, as an extra-curricular activity.

Lessons take place daily after school and at weekends in our 60 x 40m floodlit arena. Whether aspiring to ride for the school team or having never ridden before there is something for everyone. All levels are catered for from beginners to competitive riders and sessions are tailored according to the abilities of each rider. The emphasis is on progression, variety and fun.

Lesson numbers are restricted to ensure a high level of tuition and our riding school horses and ponies are hand picked for their excellent temperaments. Our teaching staff posses a wealth of experience and are all fully qualified.

All of the equestrian staff love working with the girls and ponies, aiming to boost confidence in the more nervous riders and pushing the more experienced riders to progress and develop further. We offer training for BHS Exams up to BHSAI level and progressive riding tests. BHS Exams are globally recognised across all aspects of the equestrian industry and training is provided by our three in-house BHS Accredited Professional Coaches. Training is on offer to members of the senior school.

Kilgraston is at the heart of schools equestrian events in Scotland. We host the annual Kilgraston Scottish Schools Equestrian Championships. This combined training, team event is always very highly contested, with up to 25 schools vying for the prestigious championships in each of the three age groups.

Booking

To book a lesson, taster session or for further information please email: Alasdair Matheson, Equestrian Manager – equestrian@kilgraston.com

Kilgraston is now the centre for the Glenfarg Riding for the Disabled group



Lo opwards	
Mr Matheson	
Monday - Friday	
Equestrian	
During school hours	
weekly	
equestrian@kilgraston.com	
TBC	
Whatever your career aspirations; caring for horses, riding professionally, or coaching the next generation, there's a pathway for you.	
Gaining Experience in horse knowledge and care.	
Professional qualifications The British Horse Society (bhs.org.uk)	
British Horse Society professional qualifications.	

L5 Unwards

Year group:



Aims: Develop learner's skills and understanding of the game of Netball.

Activities: Training and Fixtures.

Skills: Physical fitness, game awareness, communication, team-work.

Cost: N/A

Year group:	U4-L4	 U2-U3	 L5-U6
Lead Member Staff:	Mrs Ferry	Mr Hislop	Mrs Finlay
Day:	Monday	Thursday	Wednesday
Location:	Games Hall	Games Hall	Games Hall
Time:	4.20pm - 5.20pm	4.15pm - 5.15pm	4.20pm - 5.20pm
Frequency:	Weekly until Spring Term	Weekly until Spring Term	Weekly until Spring Term
Contact:	hferry@kilgraston.com	nhislop@kilgraston.com	rfinlay@kilgraston.com







Year group:

Lead Member Staff:

Day:

Location:

Time:

Frequency:

Contact:

Cost:

Aims:

Activities:

Skills:

L6-U6

Mrs Docherty

Tuesday

Business Management Classroom

4.15pm - 5.30pm

Weekly

sdocherty@kilgraston.com

FOC

This entrepreneurship programme encourages the development of an enterprise mindset and approach which is needed in education and employment ensuring all young people reach their potential. There is no need to take business management as a subject, nor have any business experience to take part.

Students will gain first-hand experience of setting up and running their own real business for an academic year. They will compete regionally against other schools in Tayside to be crowned Tayside company of the year with the chance of winning a place at the Scottish national finals. The Young Enterprise team also have the responsibility of running the school tuck shop gaining valuable experience in stock management, customer service and cash handling.

Leadership, organisation, Time management, communication, conflict resolution, digital literacy, cash handling, customer service, stock management, public speaking, presenting, interview skills, team working, money management, understanding of financial accounts.

L5

Dr Phillips

Friday

Geography Room

4.15pm - 5.15pm

Weekly

cphillips@kilgraston.com

FOC

To encourage people to connect with, enjoy and care for wild places; to encourage awareness of and responsibility for the natural environment in a spirit of fun, adventure and exploration.

The award is structured around Four Challenges: Discover – identify a wild place; Explore – consider how to experience, enjoy and find out more about your wild place; Conserve – care for your wild place, take personal responsibility, make a difference and put something back; Share – let others know what you've done – your achievements, feelings, what you learned – celebrate!

Leadership, risk evaluation, teamwork, confidence, practical skills.

All

Day: Thursday

Sports Hall

5-6.30pm

Weekly

hferry@kilgraston.com

T.B.C.

Develop strength, flexibility, coordination, fitness and confidence. Develop basic movement, patterns and shapes using apparatus which is appropriate to each individuals level.

Gymnastics Movements

Posture, alignment; balance; coordination; flexibility; strength; stamina; body awareness.



Year group: L4, U4, L5 **Lead Member Staff:** Mr Campbell Day: Monday Location: History room Time: 1:40 to 2:10pm Frequency: Fortnightly Contact: ccampbell@kilgraston.com Cost: FOC Aims: To promote understanding of law and philanthropic thinking. **Activities:**

Communication, debate research.

Skills:



Seniors

Mr Lapeyre
Tuesday

Art and Design

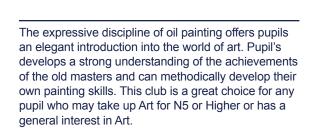
1.05pm - 2.10pm

Spring Term

jlapeyre@kilgraston.com
£7 for canvas board

Underdrawing, Underpainting, Mixing, Using mediums and solvents.

To develop traditional painting skills.



International Films Club

Mme Isabelle Depreux
Thursday

MFL1, Perth Concert Hall and DCA

4.15pm - 5pm

Weekly

U5-L6 and U6

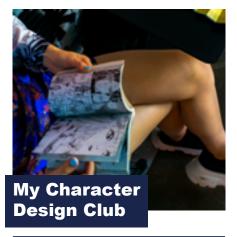
idepreux@kilgraston.com

Free in school and charge applied for outside films and transport

To explore international realities and issues using films of other countries in their original version with English subtitles. This is also a great opportunity for pupils to learn about different cultures, countries, and traditions. To fully understand the content of each movie, we will first present and discuss some historical and cultural information about the country, the director, and the actors. After the viewing, we will discuss the topics, themes, and issues it raises.

Watching films in its original version with English subtitles. Group discussions.

Transport us to other places, times, and realities, and give us insight into the ways and the whys of the world. Develop other cultures and languages awareness and develop critical thinking and open the mind onto the world around us.



L4, U4, L5th pupils who may take art in the future.

Mr Lapeyre

Friday

Art Department

1.05pm - 2.10pm

Autumn Term

jlapeyre@kilgraston.com

FOC

Design your character, develop this character as your vision dictates options include, manga, puppetry, animation, sculpture etc.

Style, Proportion, Angles and Pose, Narrative, Digital or freehand drawing

This club will benefit any creative pupil who has an interest in gaining Graphic Design skills for National 5 or Higher.

Millinery Club

L4, U4, pupils who may take art in the future.

Mr Lapeyre

Friday

Art Department

1.05pm - 2.10pm

Autumn Term

jlapeyre@kilgraston.com

FOC

Design your own hat, fascinator or head piece using Millinery techniques.

Hat Blocking, Sewing, Manipulating materials with steam and heat, Designing and developing a functional and attractive piece.

This club will benefit any creative pupil who has an interest in gaining Design skills for National 5 or Higher. Millinery is the perfect design discipline for pupils interested in fashion to master.



Senior School

Dr Phillips

Monday

Geography Room

1.40pm - 2.10pm

Weekly

cphillips@kilgraston.com

FOC

To encourage whole-school community action on Learning for Sustainability; to encourage young people to engage in their environment by allowing them the opportunity to actively protect it.

The award has seven steps: forming an Eco-Committee, carrying out an Environmental Review, creating an Action Plan, measuring how successful the actions have been, linking the Action Plan to the school curriculum, involve the whole school and the wider community, review and share a school Eco-Code.

Investigation, problem solving, decision making, critical thinking, leadership.

Skills:

Year group:

Lead Member

Staff: Day:

Time:

Location:

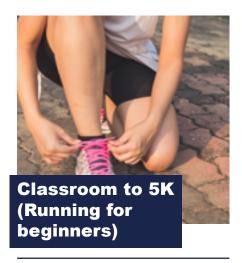
Frequency:

Contact:

Cost:

Aims:

Activities:









Year	group):

Lead Member Staff:

Day:

Location:

Time:

Frequency:

Contact:

Cost:

Aims:

Activities:

Skills:

L4 upwards

Mr Madden

Monday

Sports Field/Games Hall

4.30pm - 5.15pm

Weekly

pmadden@kilgraston.com

FOC

Improving physical (overall fitness, especially heart & lungs) and mental health (confidence, self-belief, and dealing with stress or worry).

Pre-run warm up; walking; running; post-run warm-up.

Being able to gradually work up to run for 5K.

U2 - U3

Ms MacPhee

Tuesday

G10

4.15pm - 5.15pm

Weekly

junioryears@kilgraston.com

To enjoy the relaxing tactile craft of decoupage.

We will be making some decoupage gifts.

The tactile nature of decoupage helps pupils develop their fine motor skills and spatial reasoning skills... whilst also expressing themselves creatively!

L4-U6

Mrs Lyle

Friday

H.E. Room

4.15pm - 5.30pm

TBC

elyle@kilgraston.com

£30 approx

To increase confidence in baking skills and to try out new recipes.

Baking ranging from rocky road to crepes to scones.

Weights and measurements, reading and following instructions, taking responsibility, learning and developing cooking skills and most importantly having fun! U4 - U6 (invite only)

Mrs Cran

Monday

Fitness Suite & Viewing Gallery

1.30pm - 2pm

Weekly

ecran@kilgraston.com

FOC

Develop strength to enhance individual sporting ability and to prevent injury.

Weight training and conditioning of the body.

Leg and arm strength, power, muscular endurance, core stability, mental resilience, confidence.









rear group:
Lead Member Staff:
Day:
Location:
Time:
Frequency:
Contact:
Cost:
Aims:

Voor groups

Skills:

U4/L5	
Mrs Bluett	
Tuesday	
ML3	
1.30pm - 2.10pm	
Weekly	
abluett@kilgraston.com	
FOC	
Enhance/accelerate Latin learning.	

All
Angela Boshoff
Thursday
Drama Studio
8pm-9pm
Weekly
hferry@kilgraston.com
TBC
Applying dance technique skills in two or more contemporary dance styles in performance.

Dance routines.

В	eginners
M	rs Malloch
Tł	nursday
D	rama Studio
4	- 4.45pm
W	eekly
hf	erry@kilgraston.com
£	55 per term
Te	each Highland Dancing

Advanced	
Mrs Malloch	
Thursday	
Drama Studio	
5.15pm - 6pm	
Weekly	
hferry@kilgraston.com	
£55 per term	
Teach Highland Dancing	

Activities:	Translating/ Background literature.

N5 skills.

Posture, alignment; balance; coordination; flexibility; strength; stamina; body awareness; extension; contraction; rotation; ability to reproduce movement; whole body participation and or/ isolation; application of dynamic range.

Highland dance provides a sound platform for developing flexibility, muscular strength, balance and co-ordination. Performances throughout the year.

Physical

Highland dance provides a sound platform for developing flexibility, muscular strength, balance and co-ordination. Performances throughout the year.

Physical

Highland dance provides a sound platform for developing flexibility, muscular strength, balance and co-ordination. Performances throughout the year.

Physical



Creative Movers

Age 3-4

Mrs Holt

Tuesday

Theatre

Weekly

Syllabus.

2.15pm - 2.45

£4 per session

movement skills.

sholt@kilgraston.com

To develop creativity, teamwork and

Contemporary and creative dance

activities in line with Rambert Grades

Creativity, co-ordination, movement

(articulation, pathways, surface work,

dynamics, shifting in space, elevation).

Year group:

Lead Member Staff:

Day:

Location:

Time:

Frequency:

Contact:

Aims:

Activities:

Skills:

Pre-primary

Age 4-5

Mrs Holt

Tuesday

Theatre

2.45 - 3.15pm

Weekly

sholt@kilgraston.com

£4 per session

To develop creativity, teamwork and movement skills.

Contemporary and creative dance activities in line with Rambert Grades Syllabus.

Creativity, co-ordination, movement (articulation, pathways, surface work, dynamics, shifting in space, elevation).

Primary

R-U1

Mrs Holt

Monday

Drama Studio

4.15pm - 4.45pm

Weekly

sholt@kilgraston.com

£4 per session

To develop creativity, teamwork and movement skills.

Contemporary and creative dance activities in line with Rambert Grades Syllabus.

Creativity, co-ordination, movement (articulation, pathways, surface work, dynamics, shifting in space, elevation).

Grade 1

L2-U3

Mrs Holt

Friday

Drama Studio

4.15pm - 5pm

Weekly

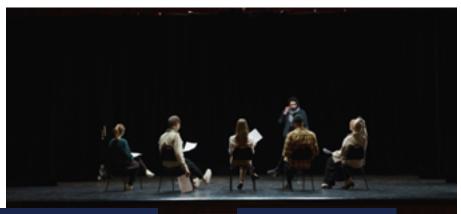
sholt@kilgraston.com

£4 per session

To develop creativity, teamwork and movement skills.

Contemporary and creative dance activities in line with Rambert Grades Syllabus.

Creativity, co-ordination, movement (articulation, pathways, surface work, dynamics, shifting in space, elevation).



Junior Drama

Senior Drama

Year group:

Lead Member Staff:

Day:

Location:

Time:

Frequency:

Contact:

Cost:

Activities:

Aims:

Rec - U3

Mrs Murphy

Thursday

Drama Studio

4.10pm-4.45pm

Weekly

hmurphy@kilgraston.com

FOC

Drama Workshops.

Devising, Drama Games, Performance based activities.

Skills:

Presentation, Team Building, interpersonal and Leadership skills.

L4/U4

Ms Flint

Monday

Drama Department

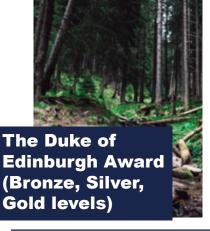
1:30-2:00

Weekly

rflint@kilgraston.com

FOC

To develop confidence in drama and performance skills



L5-U6

Mr Brookes

Tuesday

Music Department

1.10pm - 2.10pm

Weekly

amorley@kilgraston.com

Bronze: £160, Silver £260 & Gold TBC

To develop essential skills and attributes for work and life. Encourages young people to gain new skills, push themselves physically, help others and explore new territories.

Four sections of the award: Physical, skill, volunteering and expedition (also a residential experience at Gold).

Communication, leadership, problemsolving, resilience, empathy, teamworking. DofE Bronze / Silver / Gold Awards.



L4 - U6

Ms Newton

Tuesday

ESOL Room

4.30pm - 5.30pm

Weekly

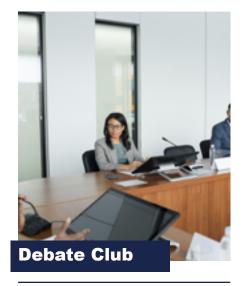
knewton@kilgraston.com

FOC

A relaxing place to learn a new skill or work on an existing handicraft project and enjoy the mindfulness of crafting and collaboration with/learning from other creative individuals.

Participants can bring their own work in progress or try new skills. In the past we have done crochet, knitting, origami, paper flowers, sewing, collaborated on making elements for our Chinese Dragon, made Christmas decorations, helped wit costumes for drama etc.

Practical skills for future life, such as sewing, collaborating in handicrafts for school activities, stepping back from the academic hurly-burly, skills may be used for other tasks such as Duke of Edinburgh awards etc.









Year	group:

Lead Member Staff:

Day:

Time:

Location:

Frequency:

Contact:

Cost:

Aims:

Activities:

Senior School

Thursday

SW1

Weekly

1.05pm - 2.10pm

mdobbin@kilgraston.com

FOC

To improve public speaking and develop confidence. Consider topical issues and gain the opportunity to speak in competitions.

Debate, speech writing.

Miss Dobbin

Monday & Friday

4.15pm

SW1

Senior School

Miss Dobbin

Weekly

mdobbin@kilgraston.com

FOC

To develop skills in crocheting as an act of mindfulness

Crocheting.

L5 Upwards

Ms Hall

Monday

SW2

1.40pm - 2.10pm

Bi-Weekly

rhall@kilgraston.com

FOC

The aim of English Enrichment Club is to take your love of English further than the curriculum.

There will be a range of activities that take many forms like watching dramatic monologues, listening to podcasts, reading, watching extracts from speeches, films, documentaries. There will be opportunities to participate in educational trips.

You will develop your love of English whilst being encouraged to become a more independent and active learner. qualities that all universities and employers are impressed by.

L1 - U6

Mrs Ferry

Friday

Firpark Ski Centre

TBC

Spring Term

hferry@kilgraston.com

TBC

Learn to ski

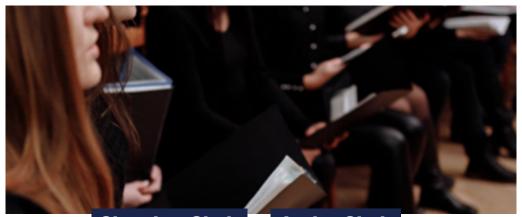
Skiing lessons

Skills required to use a button lift, ski confidently developing from beginner to advanced. Ski Racing where appropriate.

Skills:

Public speaking.

Crochet.



Chamber Choir Junior Choir Year group: L5-U6 R - U3 **Lead Member Staff:** Music Staff Miss Nicoll Day: Wednesday Thursday Location: Junior School

Music Department 1.30pm - 2.10pm

Weekly

musicadmin@kilgraston.com

FOC

masses.

Individual and group

performing skills.

To promote performing opportunities for singers.

12.40pm - 1.10pm

Weekly

junioryears@kilgraston.com

FOC

To promote performing opportunities for singers.

Rehearsals and concerts.

Rehearsals and concerts/

Individual and group performing skills.



L4-U6

Mr Sinclair/Miss Spalding

Wednesday

Music Department

1.30pm - 2.10pm

Weekly

musicadmin@kilgraston.com

FOC

To promote performing opportunities for instrumental players.

L4-U6

Miss Russell

Clarsach

Ensemble

Monday

Music Department

1.30pm - 2.10pm

Weekly

musicadmin@kilgraston.com

FOC

To promote performing opportunities for instrumental players.

Rehearsals and concerts.

Individual and group performing skills.

Rehearsals and concerts.

Individual and group performing skills.

Activities:

Time:

Frequency:

Contact:

Cost:

Aims:

Skills:









Year	group:	

Lead Member Staff:

Day:

Location:

Time:

Frequency:

Contact:

Cost:

Aims:

Activities:

Skills:

U1 - U3

Mrs Jardine/Ms Telford

Thursday

Junior School

12.40pm - 1.10pm

Weekly

musicadmin@kilgraston.com

FOC

To promote performing opportunities for instrumental players.

Individual and group

performing skills.

Rehearsals and concerts.

L4-U6

Music Staff

Monday

Music Department

1.30pm - 2.10pm

Weekly

musicadmin@kilgraston.com

FOC

To promote performing opportunities for instrumental players.

Individual and group

performing skills.

Rehearsals and concerts.

L4-U4

Miss Spurgin

TBC

Library

TBC

Termly

bspurgin@kilgraston.com

FOC

Promote enjoyment of reading.

Exploring the library and sharing book ideas, possible art or writing.

Communication and library skills.

U1 – U3

Mrs Ramsay

Monday

DAS Classroom

4.15pm - 5.15pm

Weekly

jramsay@kilgraston.com

FOC

Quiet focused club to develop basic drawing skills.

Understanding pencil hardness and techniques to use. How to shade for light and dark. Sketching and observational drawing.

Basic drawing skills. Which include simplifying shapes, drawing contours, and understanding light and shade. Learning to break down complicated shapes into the simplest forms and rebuilding them, looking at proportions and perspective.

U4-U6

Charlotte Blackler

Wednesday

Lab 5 Science Block

1.30pm

Weekly

sciencelab@kilgraston.com

FOC

An introduction to Bee-keeping.

Bee life cycle, anatomy and beekeeping equipment. Practical bee husbandry, hive maintenance, how to handle bees, bee friendly plants, honey harvesting and retail.

Basic Bee keeping confidence and an understanding of how bees contribute to the natural environment. Scottish Junior Beekeeper Certificate.



L4 - U6

Monday

Games Hall

1.05 - 2pm

Weekly

TBC

Miss Renicks

Year group:

Lead Member Staff:

Day:

Location:

Time:

Frequency:

Contact:

Cost:
Aims:

Activities: Physical activity.

Skills:

The benefits of judo, include improved strength and flexibility, increased speed and agility, and greater self-confidence.

U1 – U3

Miss Renicks

Monday

Games Hall

12.10 - 1pm

Weekly

hferry@kilgraston.com

TBC

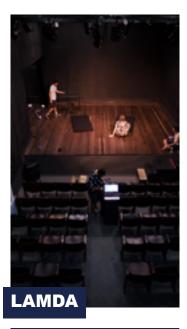
Introduction to Judo skills.

Physical activity.

hferry@kilgraston.com

Introduction to Judo skills.

The benefits of judo, include improved strength and flexibility, increased speed and agility, and greater self-confidence.



ΑII

Mrs Hannah Murphy

Tuesday

LAMDA room in Senior school

Weekly

During school day

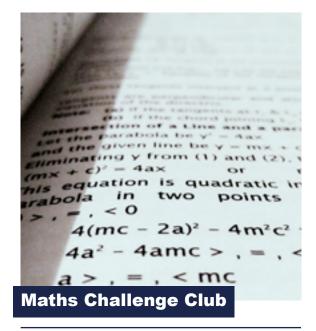
hmurphy@kilgraston.com

£38 p/h

Aim is to sit LAMDA Dramatic examinations in various Grades.

Musical theatre, Monologues, Duologues and Devising.

LAMDA Examination.



L4 - U5

Mrs Vallance

Thursday

Swinton 4

1.30pm - 2.10pm

Weekly

fvallance@kilgraston.com

FOC

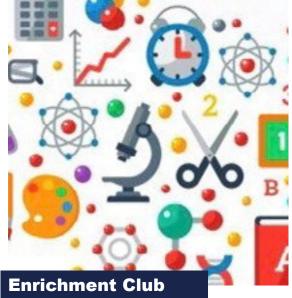
To develop higher level problem solving in advanced mathematical scenarios.

Problem Solving.



Building programs using a variety of programming

Computational thinking; algorithm development;



Senior School Year group: **Lead Member Staff:** Mr Hamilton Day: Tuesday Location: Computer Room 1.30pm - 2.05pm Time: Weekly Frequency: dhamilton@kilgraston.com Contact: FOC Cost: To develop programming skills. Aims:

tools and environments.

problem solving; programming.

Activities:

Skills:

Senior School

Mrs O Hear

Various

Lab2

Various

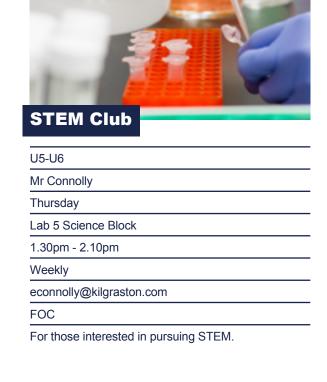
Various

Various

aohear@kilgraston.com

Charge will be linked to event type

The enrichment club offers a variety of events designed to support girls in building positive relationships with their peers through arranged activities and outings.



Practical projects & investigations.

Teamwork, problem solving & practical skills.