



**POCKLINGTON
SCHOOL**

Ages 11 to 18

CO-CURRICULAR HANDBOOK



Introduction

At Pocklington School, we understand that young people develop their skills and character when they are given the opportunity to explore, create, innovate, discover and collaborate.

We aim to instil our core values of courage, truth and trust within the characters of our students by offering them a wide range of co-curricular opportunities to stretch and challenge them. It is about preparing our students with the skills and spirit to thrive throughout their lives and at Pocklington, we are committed to helping each child find their passion, nurture their talents and prepare them for a successful life after school.

Our co-curricular programme is an integral element of the education we offer your sons and daughters. On starting their journey at Pocklington School, each child is presented with the 'POCK Challenge.' The challenge invites the students to immerse themselves in at least one club or activity from each of the following categories: Physical, Outreach, Creative, Knowledge.

In doing so, we believe that our young people will discover more about their capabilities, widen their skill set and round off their character to create confident, intelligent and pragmatic individuals with bright futures ahead of them.

I very much hope you take us up on the incredible opportunities on offer at Pocklington – both inside, and outside the classroom.

Miss Lucy Hornby
Head of Co-Curriculum



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This document gives an overview of the clubs we run in school and is not an exhaustive list. We review and update our co-curricular programme on a termly basis therefore please expect to see additional or alternative clubs running alongside these listed. Details of which will be shared via the termly blue book.



Archery

This club is about using potentially dangerous weapons to have fun in a safe and considered way. It is about focus and using the whole of your body to achieve the target of hitting the bullseye, beating your personal best and, of course, the rest! It runs during the light months – we shoot outdoors, so it is weather dependant. There is a small fee per half-term, to cover repair and maintenance of the equipment. The club meets after school on a Thursday, usually at the Pavilion.

Athletics

Athletics is one of the three major games options in the Summer Term and has regular after-school sessions, split across the track and field events. With a friendly and welcoming culture, there is something for everyone at athletics. From hockey and rugby players looking to develop their speed and fitness in their off-season, to those who want to learn new skills like discus or high jump, or compete at regional or national level. With coaches who specialise across the events, there is the opportunity for students to choose which area of track and field they most want to focus on. Fixtures include friendlies against local schools, but also the opportunity for teams and individuals to compete in the English Schools Competitions which lead to national finals. There is also Sports Day at the end of the Summer Term, which is one of the sporting highlights of the year!

Barbell Club

Barbell club provides an opportunity for Sixth Form pupils to learn about the Olympic weightlifting techniques, the snatch and clean and jerk, as well as improve their compound lifts such as squat and deadlift, in a safe and controlled environment. Weightlifting has many physical benefits including improved sleep quality, increased bone density, maintaining weight loss and boosting metabolism. All fitness levels welcome! One lunchtime per week in the Sports Hall.

Basketball Club

Fancy a game of basketball? Maybe just practise some skills? Or, perhaps, just relax and throw some baskets? You don't have to be tall, just keen to play and improve your game. In the past, we have competed against other schools at different age ranges. Basketball is a mixed sport and open to all age groups and levels. We practise in the Sports Hall every Friday lunchtime between 1.15pm and 2pm. Players must wear their indoor PE kit.





Sport plays a formative role in individual personal development. All our students are encouraged to participate in sport whatever their ability, and gain the personal benefits necessary for success, not just in sport but in other fields – improved physical fitness, self-respect and confidence, team awareness and leadership, determination and commitment. Our Inter-House competitions ensure that everyone can get involved, try something new and enjoy a variety of activities.

We have excellent facilities and an enthusiastic and passionate coaching team who aim to ensure that each individual enjoys their chosen sport and plays it to their full potential. The school also has active links with many local clubs, county organisations, local universities, and national bodies. Regular programmes with external professional coaches provide specialist support to our staff and ensure that we adopt the most effective new ideas to improve our students' training.



Boys' Cricket

One of the major games options for boys in the Summer Term, boys' cricket is led by former Yorkshire cricket captain and county championship winner, David Byas and his team of coaches. The cricket provision at the school aims to support players of all abilities to find enjoyment and success in the game. Weekly games lessons and after-school practises prepare pupils for our extensive fixture list. Pocklington currently runs seven Senior School teams who take part in fixtures against some of the best independent and state schools in the north of England. Fixtures are played onsite on one of Pocklington's three high-quality grass surfaces. We are also lucky enough to have four Astro nets and four grass nets as well as three indoor lanes to allow practice to take place all year round.

Girls' Cricket

Cricket is a new games option for girls, replacing rounders as our main striking and fielding game. We look to develop the all-around skills that any pupil needs to be able to have fun and engage with the sport. Girls' cricket is supported by a team of experienced coaches and an ever-growing fixture list. Girls' cricket is supported by a team of experienced coaches and an ever-growing fixture list through which we aim to inspire the next generation of female cricketers.

Cross Country

An activity for all ages and abilities, including squad training for the cross-country team, as well as fitness training for all other interested parties. Mental health can benefit from running just as much as physical fitness can. Running means time away from the stresses of day-to-day school life, and the endorphin rush obtained from the activity is a great pick-me-up. The club meets once a week and includes a varied 1.5 – 2.5 km run. No-one is ever left behind!

Cross Fit

A form of high-intensity interval training, CrossFit is a strength and conditioning workout that is made up of functional movement performed at a high-intensity level. CrossFit workouts are different every day and can be modified and scaled to help everyone – no matter their age or fitness level – achieve their goals. We will perform a variety of workouts, such as AMRAPs, EMOMs and rolling clocks, have fun and burn a lot of calories at the same time! All fitness levels welcome. Friday lunchtimes in the Sports Hall.





Duke Of Edinburgh Award

The Duke of Edinburgh is a globally-recognised award that encourages young people to challenge themselves, work independently, and gain a set of skills that will benefit them throughout their lives. The core of the Award at Pocklington School rests around the notion of appropriate challenge, and we encourage and support students to set ambitious goals and work hard to achieve them. We offer all three levels of the Award – Bronze, Silver and Gold – with each stage building on the skills and experiences of the last. All levels require students to engage in a physical activity, learn or develop a skill, and engage with and support the local community. These activities are student led, completed in the students' own time, and are designed to develop a well-rounded approach. Each level also has the famous expedition component, where groups will work together to complete a self-sufficient camping trip!

We start with the Bronze Award in Fourth Year, progressing to the Silver Award in the Fifth Form, and Gold in the Sixth Form. We do expect students will start with their Bronze and, hopefully, work up to complete the full Award! The timescales required increase at each level, with the Gold Expedition seeing students spend four days wild camping in the stunning Galloway Hills. Come and experience the fantastic opportunities DofE offers!

Equestrian Squad

This is open to riders of any level who wish to compete. Riders must own a pony/horse and have their own transport. We compete in Show Jumping, Dressage, and Jumping with Style classes and train regularly throughout the year.

Fitness Blast

Fitness Blast is for the Sixth Form ladies who are keen to inject an explosion of high-intensity workouts. Fun, laughter, and certainly some aches and pains(!) make this an activity not to be missed. Come along and enjoy it for yourself, alongside Miss Hornby and Mrs Alexander.







Football

The Euro Super League may have failed in its attempts to offer the highest quality football on the planet, but Pocklington School hasn't! All the stars are here, plying their trade, showcasing their talent, and keeping football where it really belongs – in the hands (or feet) of the humble fan. Any student from the Fifth Year may attend (except Tottenham, Man Utd, or Leeds supporters), and no kit is necessary. We play for around half an hour one or two lunchtimes a week, and a wonderful time is had by all (except the players that Mr Hutchings repeatedly nutmegs if they get too big for their boots).

Golf

Golf is a new activity added to the programme for the 2021/22 school year. Golf is a lifelong activity which can excite both beginners and the experts who play off scratch! We hold fixtures against local schools at our 'home' course, the KP Club. Golf is open to all students who are interested – please see Miss Hornby to find out more.

Hockey

Hockey at Pocklington School is available to students of all age groups, from First Year to Sixth Form. The girls' hockey season runs through the Michaelmas Term, and the boys' season runs through the Lent Term. The Boys and Girls 1st XI train three times a week – twice after school and one timetabled games session, with the other age groups training twice a week. Our matches take place either during the timetabled games session or on a Saturday. In recent years, we have had two senior girls selected for Junior International Teams, with multiple boys and girls of all age groups being selected for County and Regional pathways and benefitting from the hockey programme at Pocklington.

Hockey – Technical Skills

Hockey Technical Skills runs during lunchtimes throughout the week. The club allows pupils of all ages to learn and practise more advanced skills and techniques that they would not have the opportunity to do so in our team practices.



Netball

In netball, there is a position and level for everyone! Height is definitely no barrier in this sport. You could be a shooter – holding your position in the circle, making quick, sharp dodges – or you could be a centre player – making runs all the time, all over the court! Netball is a sport where you feel accomplishment after every game due to its team dynamics. Come along and bring your friends – it is a great way to socialise whilst keeping fit. All you need to bring is your sports kit and trainers, no equipment is required.

Rugby

Pocklington has a proud rugby-playing history and competes on one of the strongest circuits in the north of England. The school has students from every age involved with the Yorkshire Rugby Academy or Developing Player Pathway – as well as many of the coaches! However, alongside the support for students with aspirations of playing professionally, there are also plenty of opportunities for students who just want to play for fun or other versions of the game (for example, House Rugby is touch rugby). Outside of games afternoons, each age group has two additional practices to support individual and team development. For students representing or aspiring to represent the school, these practices are essential in terms of attendance.

The 2021/22 season will also see the introduction of our first non-contact rugby fixtures to ensure that rugby is a sport that offers something for every student at Pocklington. Girls' rugby is also in the up, and there will continue to be a Lower School Girl's Rugby Club after the success of this year's First Year Club. *"It has been really fun learning about a new sport and working together as a team!"* – U12 Ladies Rugby

Strength and Conditioning

The Strength and Conditioning programme aims to support the schools most promising young athletes. Pupils are selected as either Performance or Progress from the various sports, but all have the same support. As part of the programme, students have weekly gym sessions designed to enhance strength, mobility, co-ordination, speed, power and fitness, all of which underpin performance, training and recovery. As a holistic programme, students will also have support in areas such as lifestyle, nutrition, leadership, anti-doping and sleep. The programme also uses some of the best technology such as GPS units, Capturemast video, laser timing gates, and a force plate to help monitor performance, training load and feedback to athletes and coaches. Pupils not currently part of the programme are still able to access support such as pre-season training programmes, nutritional advice or movement literacy warm-ups used during games sessions. They can also contact any of the S&C coaches for advice.





Table Tennis

Table Tennis Club is a great way to get to know new people, especially in the younger years at Pocklington School. We play informally or have tournaments, depending on the wishes of the group. There is no need to have your own equipment as it is provided and, if you are a beginner, we will get you started with the rules of the game. If time is limited, you can play wearing uniform, so no need to get changed either! It is a fun way to get a little exercise, let off steam, and have some friendly competition in the process.

Tennis

Tennis is a key feature of the summer sports programme. We offer a range of playing opportunities within games sessions, at lunchtimes and after school. This enables our beginner and more recreational players to learn and compete alongside our most experienced tournament players. Our own experienced coaching staff are supported by external coach Matt Ward throughout the week. We provide a rich fixture list for both girls, boys, and mixed tennis. Students play in local leagues and tournaments as well as National LTA competitions. House Tennis is also a welcome annual event and the much anticipated 'Staff vs Students' is often a highlight. Each year, a growing number of players are invited to attend the ISTA Tournament at Eton in July, which is an excellent opportunity to play against schools from all around the country. We aim to enthuse and inspire all our tennis players to enjoy tennis, whatever their ability.



CCF

The Combined Cadet Force gives every cadet the chance to develop their leadership, teamwork and communication skills whilst challenging them like never before. The Pocklington Contingent comprises an Army and an RAF section, and training takes place every Thursday from 4-5pm at our purpose-built Annand centre. Training is delivered by our School Officers, with the support of the local army and RAF cadet training teams and our Sixth Form NCOs. Our basic training programme includes skill at arms, drill, survival, navigation, fieldcraft (army), and RAF skills and flying (RAF). In the Fifth Year, our cadets are shown how to deliver training and, once in the Sixth Form, Senior cadets support our Officers with training our Fourth Year new recruits. Our cadets are also given the chance to march in the Pocklington Town Remembrance Parade, train on the DCCT (computer simulation firing range), fire on a live target range and take part in our termly overnight weekend training exercises. There are so many opportunities beyond our training afternoons and outside of the school gates: Cadets are encouraged to take part in shooting and leadership competitions, army/ RAF summer camps, our adventurous training residential camp and, if they wish, there are endless additional training courses and expeditions that they can apply to be part of across the UK and the wider world. The opportunities and challenges provided by the CCF are unmatched and everyone who joins will benefit, no matter their interests or experience.

Charity Committee

The Charity Committee is composed of Lower and Upper Sixth students, led by appointed Heads of Charity (Upper Sixth students) who work alongside lead staff members to coordinate all the charity events in the school, as well as supporting the Prep School with their charity fundraising. The committee meets on a weekly basis in the Michaelmas Term, when they choose the charities they will support over the year and coordinate the Christmas appeals – such as the Salvation Army present donations, winter coats and the school-wide annual Christmas Jumper event. During the Lent Term the committee focuses on the highly anticipated whole-school Charity Week. We also support the coordination of the bi-annual school walk during the summer months. All of the events are run by the Sixth Form team, supported by Mrs Alexander.

Eco Committee

The Eco Committee is a group of creative, innovative and compassionate students, driven by the desire to create an environmentally-friendly school. The great thing about this activity is the opportunity to get stuck in and do something practical! We meet up to chat about the things we'd like to change in school or in the wider community, then get straight to work. Whether it is planting trees, seed bombing, litter picking, creating wildlife habitats, making posters, sculptures or putting together our termly 'Go Green' magazine – we are hands on! We encourage any new initiatives and ideas and are here to help these happen. Can we reduce our non-recyclable plastic use? How can we combat paper waste? Can we reduce our carbon footprint as a whole school? How can we support nature? How can you make a difference?! With a bronze award under our belt, we are aiming for Silver, Gold and then the much-coveted Green Eco Award!





Airfix Model and RC Club

Airfix Club is open to those of you interested in making Airfix models of all types. Complete your models in the fantastic Design workshops with all you need to hand (models not provided). Alternatively, you could bring in your own RC car or plane to work on, adapt or improve with technical advice and workshop facilities on hand.

Choirs

Chamber Choir is Pocklington School's flagship vocal ensemble. Music Scholars and GCSE and A level pupils are generally members of this group. Repertoire is broad and this group will perform at major school events such as Commemoration Day and the Carol Service.

Junior Choir is open to any pupil in First and Second Year. This is an opportunity to sing as part of a group. Repertoire is varied and members learn to sing in unison and two/three-part harmony.

Pop Choir is a new group open to anyone in any year group. Just turn up at the Recital Hall and sing! No music required, words will be projected onto the screen and backing tracks/accompaniment will be provided.

Computer Aided Design Club (First – Third Year)

Want to develop your CAD (Computer Aided Design) skills in 2D or 3D? This is your chance to use industry leading design software to draw and model designs with the opportunity of utilising laser-cutting and 3D printing machinery to create your designs. Our Sixth Form design students will assist you to learn and develop your software skills in the Design Computer lab. If you are thinking about becoming Britain's next leading designers, architects or engineers – then this is for you!

Cookery

Do you want to unleash your creativity and sharpen your senses? Then Cookery Club could be just the ticket. Everyone is welcome from Third Year onwards. You will learn in small groups with your own year and the courses run for approximately eight weeks. You don't have to worry about bringing ingredients with you, all that is done for you, you simply need to turn up with a container to take the fruits of your labours home in. There are so many benefits of coming to Cookery Club: You will master a range of cooking skills and how to use the different equipment, gain an understanding of food safety and good hygienic practice, as well as an insight into the nutrition of what we eat – and all of this in a fun and relaxing environment. Cooking is not only a hobby, it is a vital life skill!





Dance

Our newest addition to the performing arts co-curriculum is our Contemporary Dance Club. Run by a professional actor and dancer, this club is open to all Senior School students. Pupils will learn the fundamental technical language of contemporary dance, working on taught motifs choreographed by the teacher, alongside sections of independent choreography. The dancers involved will work towards rehearsing a range of dance pieces that will be shared with the community through an annual dance show in the TST. The aim is to build pupils' dance skills towards the staging of a full-scale musical production in the coming years.

Design Club (First – Fourth Year)

Design Club is your chance to start that interesting project you had an idea about, or simply improve your skills in the workshop. You will have access to a variety of equipment to make things from different materials – from wood to metals and plastics. Develop your existing skills and learn some new ones in a fun environment where you get to choose what you want to do. Frustrated that you don't have the right equipment at home to make things? Then come and use our workshops!

Drama Club

This is open to the Lower School and Prep School pupils on alternate weeks and is a fun, irreverent and engaging way to develop drama skills. Overseen by the staff in the drama department, the club is run by 6th form students during one lunchtime each week. These senior students are guided and trained by the drama staff to run workshops and practical sessions that explore various drama skills, developing the junior pupils' knowledge and experience of all sorts of theatre techniques, including puppetry, mask, storytelling, physical theatre, text in action and improvisation. It is a loud lunchtime but a brilliant way for the different divisions and areas of the foundation to connect through Drama.

Esports

Esports will launch in September 2021, initially in the Michaelmas Term for Fourth Year pupils and a maximum of 10 participants. We will be using the Xbox PC account (school computers) so you will not need any additional consoles or devices. You will need to have a Microsoft account/email to join. The club is led by Mrs Alexander and very ably by Upper Sixth student, Dylan Barton.



Fantasy Book Club

Who is your favourite hero? Book or film? Which is best? What are you reading at the moment? If you read fantasy novels, you may be interested in coming along to the Fantasy Book Club. Pop along if you think you may wish to get involved, your thoughts and ideas would be much appreciated.

Gardening Club

The Gardening club allows pupils to gain a better understanding of the natural world and hone their gardening skills. On-going projects include pupils growing their own vegetables, making living walls and helping to look after the school conservation area. Future projects could be designing a wild-flower landscape, introducing more native species and planting bee/butterfly-friendly flowers.

Junior Drama Production

Open to the Lower School only, this is the second major production of the year and takes place in May. Advertised, auditioned and cast at the beginning of the Lent Term, this is a staff-led production directed by a member of the drama department. Approached in much the same way as the Senior Production, the expectations are high to produce a piece of tightly rehearsed, high-quality theatre that stretches and challenges the pupils to produce a Senior School level of performance and production. Rehearsed throughout Lent and performed in the Summer, this major production will be an experience the pupils will never forget.

Mindfulness

Mindfulness is an excellent way to reduce stress, to help you be more in control of negative emotions such as anger and sadness, and to support you in changing your perception of difficult situations that you may find yourself in. Take a little time out of your day to join Miss Young and Mrs Swann as they guide you through mindful practices that you will be able to use both in school and at home. The benefits are endless, and the skills learnt are limitless. Learn how to be present in the moment, to manage anxieties, and to respond – rather than react – to negativity. Become a true mindful master! All are welcome.





Participation in Music goes far beyond 'just' playing an instrument or singing. Each lesson, exam and performance allows students to demonstrate commitment, analytical skill, creativity, discipline, confidence, teamwork, and so much more. There is a group available for musicians of all standards and genres. Please get involved!



Musical Theatre

Musical Theatre Society is a training ground for Musical Theatre. This group presents a showcase once per year and feeds into the Drama Department's biennial musical production. Music staff oversee the learning of the songs whilst Sixth Form students use their leadership skills to oversee other aspects of Musical Theatre such as choreography and acting. All ages welcome!

Music Ensembles

String Group is by invitation for players of around Grade 4 standard and above. Performances take place throughout the year at School concerts and, occasionally, woodwind and brass will be added to form an orchestra.

Swing Band is open to all brass, saxophonists and rhythm section players of around Grade 4 standard and above. The band plays jazz and swing favourites and even branches out into arrangements of pop songs. This is one of Pocklington's flagship ensembles, performing at major school events and concerts further afield.

Brass Group is open to all brass players. Repertoire is broad but the brass group will also be used in church services to bolster the organ, particularly at Christmas and other major services. Junior Orchestra is open to any instrumentalist in First and Second Year and provides experience playing in a group and following a conductor.

Junior Orchestra is open to any instrumentalist in First and Second Year and provides experience playing in a group and following a conductor.

Woodwind Group is open to flute, clarinet, oboe and bassoon players of around Grade 4 standard and above. The group performs self-contained repertoire, but occasionally they will join with brass and string groups to form an orchestra.

Saxophone Group is open to students of Grade 4 standard and above. Repertoire includes original compositions and arrangements.

Rock Band is teacher led for the Lower School and aims to present performances at concerts and outdoor events. Students are welcome to form their own bands and use the Music Department subject to availability.

Chamber Music is a metamorphic group and will involve various instrumentalists at different times depending on repertoire. Membership of this group is by invitation.

Soul Band - Consisting of drums, bass, guitar, brass, piano, tambourine and vocals, we are always keen to add new players to our ranks. We perform at the Christmas and Easter Concerts and pick songs from various parts of soul music. In the past we have covered Stevie Wonder, Carole King, Michael Jackson, Wilson Pickett, and Earth, Wind and Fire. Anything with a bit of a groove to it! And suggestions are always welcome. Rehearsals are in the Music School every Monday lunchtime between 1.05 and 1.30pm. Bring your instruments.

Composition Club is an academic club aimed at providing GCSE and A level students the facilities to work on composition after school.





Photography

Practice using a digital SLR camera and make the best use of your phone to take effective photos around school. Each week you will be given a subject to focus on, learning key skills and techniques as you go. Bring your own camera, phone, or have a go with one of the department's DSLR cameras. All abilities welcome – great for the budding photographer, artist and those who simply enjoy taking photos.

Pokémon Go! Club

Are you a fan of Pokémon? Do you enjoy catching Pokémon in the wild? Then look no further! Join Miss Young (aka the female version of Ash) in a quest to 'catch them all'! Make friends, trade legendaries, and join five-star raids to become a master (and maybe take over a gym or two!) Who knows – you could be the proud owner of a shiny Thundurus!

Senior Drama Production

Open to Middle and Upper School divisions, this is one of two major productions and takes place in November. The show will be a staff-led production, directed by a member of the drama department, and advertised, auditioned and cast at the end of the Summer Term. Rehearsals begin on the first day of the new school year in September and run through until the end of November – including two Sunday rehearsals in the weeks immediately prior to the show – culminating in a run of three evening performances to full houses of 300+ in the TST. The style and nature of the show will contrast from year to year, to appeal to those with different skill sets. The aim is to build towards a biennial structure alternating between a full-scale musical production and play.

Technical and Creative Theatre

Open to all years, pupils are introduced to the state-of-the-art facilities in the Tom Stoppard Theatre. Pupils will explore elements of theatre beyond performance, including the design and operation of theatre lighting, live and recorded sound design, set design, costume, hair and make-up, as well as the professional processes and systems of stage management. Supported by a full-time technical manager and a wardrobe manager, pupils will learn from experts how to collaborate and design live theatre performances across these technical disciplines, often working alongside a major production, to then release the performance for an audience, where they themselves run and operate all the technical aspects of the show.



Cambridge Chemistry Challenge

Every year a group of Lower Sixth chemistry students meet to prepare for the Cambridge Chemistry Challenge. It is a competition that aims to stretch and challenge our most able students. It also provides a great opportunity to develop their interest in chemistry further, its application in our everyday lives, and information about some up-to-date research, helping students to consider if they want to take their studies further in this area. It is designed to take them significantly beyond the syllabus and encourage them to think about science in the way they would at university. Students who perform best will win an invitation to a residential camp at the University of Cambridge at the end of August.

Chess Club

So, maybe you have seen *The Queen's Gambit*, the huge Netflix hit, or you might be intrigued and want to see what it is all about. Chess has so much to offer. At any age, we can improve and develop our cognitive skills, including memory, logical and critical thinking, concentration, problem solving, and visual processing – just to name a few! It also develops skills such as creativity, communication, reading, confidence, and sportsmanship. (Yes, there is an etiquette, but it is fun) New research even suggests that it increases our IQ and social skills. However, most importantly, it is a fun game you can play with others, and it is played all over the world. So, why not join the Chess Club to see what it is all about and learn about strategies, tactics, attacking, Sicilian dragons, knights, castles and much more!

Debating – Middle School

Having an opinion is not enough: making others agree with you is the challenge. In a world full of fake news and false facts, thinking clearly and arguing coherently are vital skills. Whatever you want to do with your life, debating is a skill that you will need at some point, whether you are a lawyer, arguing professionally, or just having a good conversation with your friends or family. At Debating Society, we look at understanding how points are put across, and how to best deliver your own points. The Society is led by its members, who decide our topics. These may be serious or trivial – above all, it's the argument that matters. We use a couple of different formats: speedy, quickfire discussion, and more formal debates with timings for speakers. There is time to prepare, and members play a variety of roles during the year (debating, judging, timing, fact-checking). Whatever you want to talk about, there is space for it, and you, at Debating Society.





Oxbridge Debating

Why don't animals have wheels? Are we able to think without language? Does morality define law, or does law define morality? If you would like to stretch and challenge your debating skills, then this is the club for you! Miss Young is now running debating sessions for Fifth Year and Sixth Form students who are considering applying to Oxbridge (either Oxford or Cambridge University) in the future. Its purpose is to help you to think in different ways, and to teach you how to respond to difficult questions. Come along!

The History and Politics Book Group

This is the group for you if you want to discuss fascinating and thought-provoking works of historical and political literature, with both pupils and teachers – and maybe even the authors themselves. Each half-term we will look at a different book, considering some of the key issues raised and what we can learn from them. It will broaden your horizons and get you thinking critically about some popular scholarship on the coalface of history and politics. We will be starting with a revisionist account and analysis of the infamous Jack the Ripper murders by Hallie Rubenhold called 'The Five: The Untold Lives of the Women Killed by Jack the Ripper'. Open to GCSE History pupils and above. Books will be provided, and we will meet twice each half-term.

The History and Politics Podcast

Following the unparalleled success of the department's podcast series during lockdown, with recognition from none other than Tom Holland (no, not the Spiderman one!) for our World Cup of Prime Ministers, we are looking for pupil recruits to join us for Season 2. Expect features to include a House of Games-style quiz (shamelessly pilfered from the hit BBC game show), virtual historical tours, and satirical political analysis to rival 'Have I Got News for You'. But we are also looking for more inspiration from you; hopefully, you will even help us to come up with a name for the podcast! Open to Fifth Year pupils and above. If you are interested in getting involved, speak with Mr Braidwood or Mr Hughes.

Junior Science Club

The Junior Science Club is a great way to consolidate and build on your understanding of the ideas and concepts taught during your mainstream science lessons. Don't worry though, as you won't be expected to write anything! The club is all about practical work, developing your skills as well as increasing your science knowledge. In the past, we have dissected rabbits, electroplated carbon rods and seen how far we can send air-pressured rockets into the sky. Science is great! The First and Second Year clubs run on different lunch times so, if you're interested, please hurry as places are limited and there is often a waiting list.







Maths Challenges

Junior Maths Challenge Club

Junior Team Challenge Club (invite only)

Junior Maths Kangaroo and Olympiad Club (invite only)

Intermediate Maths Challenge Club

Senior Maths Challenge Club

Do you love getting stuck and un-stuck? Do you enjoy a good problem? Does maths make you happy? Maths Challenge Club is a place to find and solve some really interesting problems. Sometimes you will be working by yourself whilst other times you will be collaborating with others to try and solve an even bigger puzzle whilst racing against the clock. There is an opportunity each year to enter for the UKMT Maths Challenge where you may find that you gain a certificate or even qualify for a follow-on round including the Mathematical Olympiad. You may also be invited to form part of the school's Maths Challenge Team for your age group. Maths Challenge Club encourages mathematical reasoning, precision of thought, and fluency in using mathematical techniques to solve interesting problems.

Medical Society

The Medical Society allows the Sixth Form students to research areas of biology that they are specifically interested in beyond the A level specification. Once a week, a member of the society will present their findings and the society will have an open discussion about the research. This programme is hugely beneficial for any students going on to medicine, veterinary medicine or studying any form of biological sciences at a Russell group, as it allows them to gain better research, presenting and critical analysis skills. Furthermore, they become more knowledgeable about the most recent biological research. The breadth of this knowledge is beneficial not only for their A level studies, but beyond. It allows them to make better connections between the A level topics, but also gives them confidence to be able to talk fluently at interview. Finally, throughout the year we are often fortunate to have leading researchers and medical professionals come and give talks to the society.

People Power – Politics Discussion

We know many of you in First - Fifth Year are fascinated by the cut and thrust of politics, including the sordid scandals and gladiatorial battle that is Prime Minister's Questions in Parliament, but that you don't get an opportunity to discuss these things in school or to ask questions until you, of course, pick Politics at A level. With this in mind, our newest society is People Power. Run by current pupils in our A level politics groups, this is a perfect forum to learn more about UK, US and global politics, as well as to consider what is going on in the news and to finetune your debating skills in a relaxed setting.



Quiz Club

Which monarch succeeded Queen Victoria? In which city would you find the Brandenburg Gate? Which 'per-' is a word meaning to lie under oath? If you can tackle these general knowledge questions (or want to know the answers!) join us at Lower School Quiz Club! Through questions covering a vast range of topics from geography and history, to music and language, you will build your general knowledge whilst competing in teams with new people and different strengths. There may also be the opportunity to represent the school in regional and national competitions; join us and show off your knowledge, whatever your specialist subject.

The Science of Happiness

Unhappiness has increased in recent years. This 10-week lunchtime club will help you explore what psychology can tell us about happiness. You will learn about theories and studies as well as carry out research. The course will give you an introduction to psychology, the scientific study of human mind and behaviour. Other educational settings that offer similar courses have found a significant increase in the happiness of those who have taken the course. You will get a certificate on completion. The course is run by Miss Barham and Upper Sixth psychology students. All year groups are welcome. The course will run three times each year, so you are only committed for one term, allowing you to try other clubs in the other two terms. You need this! Improve your own happiness and wellbeing.

Trebuchet

Trebuchet – named after the terrifying weapon of war and siege engine used until the advent of gunpowder – is the history and politics departments' junior history society, open to pupils in the First to Third Year. Expect inspiring guest speakers, Sixth Formers sharing their research interests with you, and letting your historical curiosity run wild – exploring topics of your choice outside the constraints of the curriculum. Previously we have had pupils tackle conspiracy theories, aiming to get to the bottom of things like the JFK assassination; an exploration of history as told by Hollywood; and a Top Trumps of Historical Tyrants made by some very keen pupils. Who knows, you might even get the opportunity to build a working trebuchet!





Young Enterprise

The Young Enterprise Company Programme provides our Sixth Form students with an insight into the world of business and work. Through starting and running your own small company you will learn about the essence of enterprise, understanding customers, selling, and marketing products, making difficult decisions, working in teams, and taking and sharing responsibility. Students are supported through the whole programme with an advisor from a real-world external business and have access to a comprehensive website full of tips, documents and all the information you need to run your own successful business. Each year at least one of our companies makes it through to the County Finals and usually turns a profit – to be shared between shareholders!





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