

# Extra-Curricular Activities



## From the Headmaster

**At Medbury School, the extra-curricular programme complements the academic programme by extending the individual capacities and talents of each boy.**

Activities have been planned to engage a variety of interests - sporting, cultural, competitive and non-competitive - to meet the

diverse needs of our energetic and enthusiastic student community. We believe that participation in extra-curricular activities will help him develop his skills and confidence, and provide him with opportunities to develop existing and new friendships.

The activities on offer cater for boys who are very competent

and competitive, through to those who are beginners and want to be involved. I encourage all boys to involve themselves in at least one activity each term.

Ian Macpherson  
Headmaster

## Extra-Curricular Options

### Chess Club - Years 4 to 8

Chess Club gives boys the opportunity to learn to play and improve their chess, to sit NZ Chess Federation and Canterbury Chess Club Grading Badges and to play friendly or competitive games in local competitions.

Chess Club caters for all levels, from beginner to budding Grandmaster. The aim is to improve boys' appreciation of chess strategy and develop their skills and enjoyment of the game.

### Drama Troupe - Years 4 to 8

Drama Troupe offers boys the opportunity to develop their creativity through various drama and dance improvisations, text exploration and scene development.

### Hip Hop - Years 6 to 8

It's energetic, physical and disciplined! Participants are tutored by a guest tutor, learning pieces to perform at school events.

### RoboProgers - Years 4 to 8

In this club the boys have fun exploring robotic programming and building using Mindstorm robots, coding with other software such as Tynker and Scratch, and exploring other areas such as electronic circuits and iPhone/iPad programming. It involves problem solving, working as teams, using animation skills, designing and producing games and responding to challenges. There is also the opportunity to compete and represent Medbury in the annual RoboCup Junior NZ competition.



### **Spanish Lessons - Years 1 to 8**

Boys can learn Spanish from beginner to advanced level at Medbury. Learning a second language at an early age benefits children in many different ways, as they begin to understand their own language roots.

### **Speech and Drama Lessons - Years 4 to 8**

Speech and Drama lessons at Medbury cover oral communication (both artistic and practical), drama (both scripted and improvised), public speaking, reading aloud, storytelling,



different courtesy exercises (such as introducing people to others), voice production, the skill of puppetry and the endangered art of reciting poetry. The lessons are conducted in small groups of 2 to 3 boys during lesson time and the boys work towards both Trinity-Guildhall and Speech NZ examinations.

### **Kapa Haka - Years 4 to 8**

The Kapa Haka group at Medbury School performs at a range of School assemblies, sporting events such as inter-school sports exchanges and cultural



events such as the annual Music Extravaganza.

### **Models Club - Years 5 to 8**

The Models Club provides an opportunity for boys to construct and paint a range of models of their choice. We have had a range of models made over the years, from traditional planes, tanks and vehicles, to 'Lord of the Rings' figures and 'War Hammer' figures. A selection of paints, glues and cutting materials are available for boys to use, or they can bring their own.

## **Sports Options**

### **Sports Academies**

Specialist sports training is available in the following sports, with age entry requirements depending on the academy:

- Cricket
- Hockey
- Football
- Rugby
- Tennis

The academies are run by professional coaches and give the boys the opportunity to experience expert quality coaching in a professional environment.

The academy training is additional to the coaching the boys will receive in their individual Medbury teams.

### **Basketball - Years 5 to 8**

Basketball is a fun team sport that teaches the boys to work together and play off each others' skills. Medbury fields teams in the local Basketball Competition, which is held after school at Pioneer Leisure Centre. Practices are held once a week during lunchtime.

### **Cricket - Years 2 to 8**

Cricket is a team sport where the boys build endurance and stamina, and develop balance, improved hand-eye co-ordination and team skills.

Medbury competes in the Saturday Cricket competitions during Terms 1 and 4, with practices at School held during lunchtimes and also after school.





### **Cycling - Years 7 and 8**

Boys are selected to be part of the School cycling team, who compete in the Secondary School Races on Wednesday afternoons in Terms 2 and 3. The team also competes in the South Island and Canterbury Team Trial Championships.

### **Fencing - Years 3 to 8**

Fencing is often described as 'like a physical game of chess'. It takes strategy and quick reflexes. Fencing classes at Medbury are held after school and provide systematic training to develop young fencers' full potential, with the aims of reaching national standards and representing Medbury at various competitions.

### **Football - Years 4 to 8**

Medbury fields teams in the Saturday Mainland Football competition and some teams are involved in annual inter-school exchanges. Practice sessions are held at lunchtimes and also after school. Boys in Year 3 wanting to play football will need to join a local club.

### **Hockey - Years 3 to 8**

Medbury fields teams in the Saturday hockey competition. The



1st XI will be involved in Saturday competition as well as our annual inter-school exchanges, and operate as one team for both. Hockey practice is held at lunchtimes and also after school.

### **Karate - Years 2 to 8**

Karate is a fun way for boys to achieve fitness and focus. Karate classes at Medbury are held after school, with the boys working towards their gradings and the opportunity to compete.

### **Polo - Years 5 to 8**

Polo allows boys to work on skills that make them and their horse more mentally and physically agile. Training is held on Friday afternoons after School and on Saturday mornings, when possible, at Waireka Polo Farm, Sefton, North Canterbury.

### **Rugby - Years 2 to 8**

Medbury fields teams in the J.A.B. competition on Saturday mornings. The 1st XV will be involved in Saturday Competition as well as our annual inter-school exchanges, and operate as one team for both. Rugby practice at school is held at lunchtimes and also after school.



### **Summer Hockey - Years 3 to 8**

Medbury plays summer Hockey in squads of 8 players, competing at Nunweek Park in Terms 1 and 4.

### **Inter-club Tennis**

Boys wishing to play inter-club Tennis are encouraged to join their local tennis club.

### **Top 8 Tennis - Years 7 and 8**

Senior boys and selected Middle School players can trial for the Top 8 Tennis Team during the first term each year. The team plays mid-week fixtures against other independent schools during the year and also represents the School in North Island Tours.

### **Touch Rugby - Years 7 and 8**

Touch Rugby is one full-on burst of energy! During Terms 1 and 4, boys in Years 7 and 8 can play Touch rugby, competing each week at St Andrew's College.

### **Water Polo**

Playing Water Polo develops fitness in a low impact sport. At Medbury, Senior boys can play Water Polo during Terms 1 and 4. Games are played on Friday nights at Jellie Park, with practices taking place in the Selwyn House school pool.



## Music Options

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**Our Music Director has a leadership background in Music Education at Tertiary, Secondary and Primary / Intermediate School levels.**

She is joined by an innovative, and highly academically qualified team of instrumental and vocal tutors, who lead the exciting music programme at Medbury. Their passion is to ensure that every boy has the best music experience.

The music programme's successes include high student achievements in both ABRSM and Trinity College Examinations every year, and Medbury students are regular recipients of Secondary School Music Scholarship Awards.

Instrumental tuition is available from Year 4, and may include boys in Years 2 and 3 after consultation

with the Music Director and their Class Teacher.

The purpose-built music facilities in 'The Medbury Centre' are superb, with a suite of sound-proofed music rooms used for instrumental tuition and practice.

Medbury's three choirs perform regularly at local and international music festivals, and lead the school at its church services. The Medbury Orchestra plays at both school and community events, whilst the various musical groups and bands are all popular with the boys and tutored by skilled musicians.

Medbury offers an extensive music tuition programme, and is currently able to offer instrumental tuition in the following areas:

- Bagpipes
- Cello
- Clarinet
- Cornet
- Drums
- Flute
- French Horn
- Guitar (electric, bass and acoustic)
- Oboe
- Piano (classical and modern)
- Recorder
- Saxophone
- Trombone
- Trumpet
- Ukulele
- Violin
- Vocal

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**A boy with values  
is a boy set for life.**

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