

# Co-curricular Activities

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*Junior, Senior and Sixth Form 2024-25*



**BEDFORD  
GIRLS  
SCHOOL**

# Co-curricular Activities

*Junior, Senior and Sixth Form 2024-25*

We believe that the experiences your daughter gains outside the classroom are as important as the teaching and learning she experiences in the classroom.

For this reason, we aim to provide a wide range of co-curricular activities.

At the beginning of the Autumn Term, you will receive detailed information about our full co-curriculum programme. However, some of our activities have staffing and timetable implications and these need earlier sign-up. In this booklet, you will find the information relating to these particular activities. All are “paid for” activities and prices for the lessons are listed at the bottom of each section.

If you would like your daughter to take part in any of these activities, please register your interest via the relevant application links included in the booklet.

# Dance

## *Junior, Senior and Sixth Form 2024-25*

The Dance Department offers a variety of dance classes, which aim to develop technique and specialist skills alongside having fun and getting fit. We provide a full timetable of classes offering something for everyone. Lessons in syllabus Ballet, Tap and Modern Theatre Dance are available from Y3 and above. Jazz lessons are available from Y7. Non-syllabus classes include Hip-Hop from Y5 to Y10 and Contemporary from Y7 to Y10 classes. In addition to the RAD Ballet grades we offer Specialist and Beginner Pointe Work as well as Dance Fitness. Depending on demand, next year we may offer a Progressive Technique Ballet class that will help to further develop and strengthen the students' performance through the training of muscle memory, core strength, stability, weight placement and alignment. Ultimately these skills promote improved performance, strength and confidence.

Ballet classes follow the Royal Academy of Dance Syllabus (RAD). Modern Theatre Dance, Tap, Jazz and Contemporary follow those of the Imperial Society of Teachers of Dance (ISTD). Although pupils can be entered for public examinations and assessments, this is not compulsory and is at the discretion of the teacher.

Before starting Dance lessons, both parents and students should be aware that regular practice is essential for progress to be made and it is important that students attend all of their lessons, arrive promptly and with the correct Dance uniform. Specialist clothing is required for some dance classes and are available for purchase through [dancedirect.com](http://dancedirect.com). Please see [here](#) for a full list of Dance uniform requirements.

**Sign up for Dance lessons [Here](#)**

***Prices for Dance lessons are listed below and can also be found on the Bedford Girls' School website.***

<b>Element</b>	<b>Description</b>	<b>2024-25 Charges</b>
Tier 3 - Grade 6 and above	10 lessons	£147.00
Tier 2 - Grade 4 – 5	10 lessons	£136.00
Tier 1 - Grade 1 – 3	10 lessons	£99.00
Tier 3 - Gold Jazz	10 Lessons	£148.00
Tier 2 - Silver Jazz	10 lessons	£134.00
Tier 1 - Bronze Jazz	10 Lessons	£99.00
Contemporary	10 Lessons	£99.00
Hip Hop	10 Lessons	£99.00
Dance Fitness	10 x 30 mins lessons	£49.00
Beginner Pointe Work	10 x 30 mins lessons	£49.00
Pointe Work	10 x 30 mins lessons	£49.00

# Instrumental Music

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The Music Department offers instrumental lessons on all orchestral instruments - guitar, bass guitar, drum kit, recorder, and piano. All instruments, except the piano, the harp and drum kits, can be hired, initially for a period of one year, when the student's interest and aptitude will be assessed. It is then advisable for parents to buy an instrument for their daughter's use.

Before starting instrumental lessons both parents and students should be aware that daily practice is essential if progress is to be made. For beginners, a 10-minute slot at a set time of day works well and soon becomes part of an instrumentalist's daily routine. Practicing before homework is often a good idea. This gives students a break from academic work and ensures that they are not too tired to make the best use of their time.

All students are encouraged to participate in at least one of the many co-curricular groups available.

During the Autumn, Spring and Summer terms there are opportunities for entry to external examinations with the Associated Board of the Royal School of Music (ABRSM), Trinity Guildhall and London College of Music (LCM) exam boards. Students may also enter for the Bedfordshire Festival of Music, Speech and Drama in the Spring Term.

Students will receive varying numbers of lessons depending on term length. Any adjustments to fees will be made at the end of the Summer Term.

Please also note that at least 48 hours' notice of cancellation for anticipated absence must be provided to the School in order to prevent charges being incurred. Details of absence must be emailed to [information@bedfordgirlsschool.co.uk](mailto:information@bedfordgirlsschool.co.uk) for Senior School Students or [juniorschool@bedfordgirlsschool.co.uk](mailto:juniorschool@bedfordgirlsschool.co.uk) for Junior School pupils.

**Sign up for Instrumental Music lessons [Here](#)**

***Prices for Instrumental Music lessons are listed below and can also be found on the Bedford Girls' School website.***

Element	Description	Current Charges
VMT Instrument - Single	10 x 30 mins lessons	£360.00
Instrument hire	Per Term	£50.00

# Singing

*Junior, Senior and Sixth Form 2024-25*

The Music Department offers singing lessons and our department is complemented by a team of Visiting Singing teachers.

Before starting singing lessons, parents and students alike should be aware that daily practice is essential if progress is to be made. For beginners, a 10-minute slot at a set time of day works well and soon becomes part of a singer's daily routine. Practicing before homework is often a good idea. This gives students a break from academic work and ensures that they are not too tired to make the best use of their time.

All students are encouraged to participate in at least one of the many co-curricular musical groups available.

During the Autumn, Spring and Summer terms there are opportunities for entry to external examinations with the Associated Board of the Royal School of Music (ABRSM), Trinity Guildhall and London College of Music (LCM) exam boards. Students may also enter for the Bedfordshire Festival of Music, Speech and Drama in the Spring term.

Students will receive varying numbers of lessons depending on term length. Any adjustments to fees will be made at the end of the Summer Term.

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**Sign up for Singing lessons [Here](#)**

***Prices for Singing lessons are listed below and can also be found on the Bedford Girls' School website.***

Element	Description	Current Charges
VMT Singing - Single	10 x 30 mins lessons	£360.00
VMT Singing - Duo	10 x 30 mins lessons	£198.00
VMT Singing - Group (JS Only)	10 x 30 mins lessons	£145.00

# Speech & Drama

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Speech and Drama is taught by qualified specialists in small groups or on an individual basis during lunchtimes or on a rotational timetable. Each lesson lasts for half an hour and the students are taught in groups according to age.

During the Autumn, Spring and Summer terms there are opportunities for entry to external examinations with the London Academy of Music and Dramatic Art (LAMDA). Students may also enter for the Bedfordshire Festival of Music, Speech and Drama in the Spring Term, in a wide range of classes e.g. verse speaking, verse duets, group poem, prepared reading and prose duets. Bedford Girls' School enjoys an unrivalled success at this annual event.

## **The aim of Speech and Drama is to:**

Improve standards of communication through the spoken word.

Foster an appreciation and love of literature, poetry and drama.

Develop performance skills.

Correct speech faults.

Develop vocal skills including vocal projection, modulation and clarity of diction.

Develop public speaking skills.

Unlock imagination and creative thinking.

Build self-confidence and self-esteem.

Before starting Speech and Drama lessons both parents and students should be aware that regular practice is essential for progress to be made.

Please also note that at least 48 hours' notice of cancellation for anticipated absence must be provided to the school in order to prevent charges being incurred. Details of absence must be emailed to [information@bedfordgirlsschool.co.uk](mailto:information@bedfordgirlsschool.co.uk) for Senior School Students or [juniorschool@bedfordgirlsschool.co.uk](mailto:juniorschool@bedfordgirlsschool.co.uk) for Junior School pupils.

**Sign up for Speech & Drama lessons [Here](#)**

***Prices for Speech & Drama lessons are listed below and can also be found on the Bedford Girls' School website.***

<b>Element</b>	<b>Description</b>	<b>Current Charges</b>
Lesson – Single	10 x 30 mins lessons	£360.00
Lesson – Duo	10 x 30 mins lessons	£199.00
Lesson – Group	10 x 30 mins lessons	£147.00



**BEDFORD  
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