



SHEBBEAR  
COLLEGE

360°  
@SHEB

**Beyond the Classroom**

Michaelmas Term 2025



At Shebbear, we place a great emphasis on our varied and extensive 360@Sheb Co-Curricular programme, offering over 70 different clubs over the year for our pupils to choose from.

Our 360@Sheb programme focuses on developing the 'Whole You' through a wide range of co-curricular activities - both on and off campus. Aimed at building confidence, resilience, skill and enjoyment, the programme includes:

- ✔ THE OPPORTUNITY FOR OFF-SITE ACTIVITIES ONCE A WEEK
- ✔ A WIDE RANGE OF ON-SITE CLUBS
- ✔ A SPORT-FOCUSED ACTIVITIES SESSION FOR EACH YEAR GROUP
- ✔ A SPECIALISED PERFORMING ARTS ACTIVITIES SESSION
- ✔ ENVIRONMENTAL EDUCATION SESSIONS EACH WEEK FOR FORMS 1 & 2

360@Sheb is open to all Senior School pupils, with pupils in Prep 5 and 6 having the chance to attend the off-site sessions. Activities change each term but the opportunities are endless and there is always something to suit every pupil.



# 360 on Mondays & Wednesdays

ON-CAMPUS

## TEAM SPORT

On Mondays (Form 5 & Sixth Form) and Wednesdays (Forms 1 - 4) our 360 sessions have a focus on team sport. Different age groups take part in different sessions, and our specialist teachers and coaches provide extra team coaching opportunities for technical and tactical development. The focus sports change each term to tie in with Games lessons and fixtures.

For pupils not involved in team sports, there are also other options available, including gym/fitness, cookery, drama, music and mosaics.



# 360 on Tuesdays

ON-CAMPUS

## CREATIVE AND PERFORMING ARTS

The Tuesday 360 session (during Period 2, from 11.50am - 12.50pm) is dedicated to the Creative and Performing Arts (CAPA for short), providing the opportunity for weekly rehearsals for our school productions.

The Senior School production takes place in March each year, with rehearsals starting in the Michaelmas Term, and the Middle School Production takes place at the end of the academic year, with rehearsals taking place during the Trinity term. Our School Productions over the last three years have included Grease, Into The Woods, Les Misérables, West Side Story and The Lion King Jr.

For pupils not involved in CAPA rehearsals, this activity session can be used for private and group study.





# 360 on Thursdays

ON-CAMPUS

One of our main 360@Sheb sessions takes part on a Thursday during Period 4 (11.50am - 12.50pm), when we run a wide range of on-campus activities to suit everyone.

Activities this term include:

- BASKETBALL
- NETBALL
- LANGUAGES (JAPANESE & GERMAN)
- MIXED FOOTBALL
- 6th FORM EPQ
- JEWELLERY MAKING
- PUZZLE CLUB/ DIGITAL ESCAPE ROOMS
- DESIGN & TECHNOLOGY
- COOKERY (Cost: £43 for ingredients)
- TEN TORS
- ART CLUB
- POETRY/CREATIVE WRITING
- SIXTH FORM STUDY
- SHOOTING

# 360 on Fridays

## OFF-CAMPUS OPTIONS

Our main 360 session takes place on a Friday during Periods 3 and 4 (10.50am - 12.50pm). This is an extra long session meaning that we can get off site for some exciting activities!

This session also has the option of a wide range of on-campus activities for those that don't fancy one of the off-site choices.

Read on for more information on our Friday sessions.



## SURFING

- ✔ GROMS CLUB - FOR SURFERS AT ALL LEVELS
- ✔ FOLLOWING THE SURF ENGLAND JUNIOR SURFER SCHEME
- ✔ 5 LEVELS FROM BEGINNER TO ADVANCED
- ✔ EVIDENCE FOR SURF COACH QUALIFICATIONS & COMPETITIONS
- ✔ 10 SESSIONS

**WHERE?** NORTH DEVON SURF SCHOOL @ WESTWARD HO!  
**HOW MUCH?** £249 FOR THE TERM



# HORSE RIDING

- ✔ HORSE RIDING FOR ALL ABILITIES
- ✔ BEGINNERS- LEARN TO RIDE WITH EXPERIENCED INSTRUCTORS
- ✔ ADVANCED - A CHANCE TO BUILD ON SKILLS AND KNOWLEDGE
- ✔ DEVELOP SKILLS IN CARE AND MANAGEMENT OF HORSES
- ✔ INDOOR ARENA - RAINY WEATHER, NO PROBLEM!
- ✔ 12 SESSIONS

**WHERE?** WOOLLATON EQUESTRIAN CENTRE (5\* RATED)  
**HOW MUCH?** £459.60 FOR THE TERM (2 HOUR SESSION)



# GIG ROWING

- ✔ EXPERT COACHING ON CORNISH PILOT GIGS (6 OARED ROWING BOATS)
- ✔ SESSIONS LED BY AN EXPERIENCED COXSWAIN
- ✔ BUILD YOUR STRENGTH AND STAMINA WHILST WORKING AS PART OF A 'CREW'
- ✔ STUDENTS MUST BE ABLE TO SWIM 50 METRES
- ✔ LIFE JACKETS PROVIDED, BUT WELLIES AND TRAINERS NEEDED
- ✔ 12 SESSIONS - MIX OF ON AND OFF WATER TRAINING\*

**WHERE?** APPLIEDORE PILOT GIG CLUB  
**HOW MUCH?** £26 FOR THE TERM

\*Weather and tide dependent



# GOLF

- ✓ GOLF DEVELOPMENT PROGRAMME
- ✓ 18 HOLES OF PARKLAND GOLF
- ✓ DEVELOP YOUR SKILLS TO PREPARE FOR REGIONAL, NATIONAL AND INTER-SCHOOL GOLF COMPETITIONS
- ✓ USE OF THE DRIVING RANGE, SHORT GAME AREA AND FULL COURSE
- ✓ SPECIALIST COACH (MR GREY, AN EX JUNIOR INTERNATIONAL PLAYER)
- ✓ SESSIONS FINISH WITH A HOT LUNCH AT THE CLUB
- ✓ OWN CLUBS REQUIRED WHERE POSSIBLE

**WHERE?** HOLSWORTHY GOLF CLUB  
**HOW MUCH?** £75 FOR THE TERM

# INDOOR TENNIS

- ✓ EXPERT TENNIS COACHING, WHATEVER YOUR LEVEL
- ✓ LTA ACCREDITED COACHES
- ✓ INDOOR TENNIS COURTS FOR ALL WEATHER PLAY
- ✓ LEARN TECHNIQUES AND TACTICS
- ✓ PUSH YOUR LIMITS
- ✓ 12 SESSIONS

**WHERE?** ATLANTIC RACQUET CENTRE  
**HOW MUCH?** £88-104 PER TERM



# INDOOR CLIMBING

- ✔ LOOKING FOR A NEW CHALLENGE, TRY CLIMBING!
- ✔ INDOOR CLIMBING AND BOULDERING
- ✔ LEARN HOW TO BELAY
- ✔ TAILORED CLASSES FOR ALL ABILITIES WITH QUALIFIED INSTRUCTORS
- ✔ 12 SESSIONS

**WHERE?** THE BARN CLIMBING CENTRE, TAVISTOCK  
**HOW MUCH?** £220-237 FOR THE TERM



# FITNESS

- ✔ SERIES OF ATHLETIC DEVELOPMENT SESSIONS
- ✔ HELD AT LOCAL, AWARD WINNING STUDIO
- ✔ FULLY QUALIFIED AND EXPERIENCED INSTRUCTORS AND COACHES
- ✔ UPPER, LOWER AND CORE STRENGTH EXERCISES
- ✔ DEVELOP SKILLS AND TECHNIQUE IN WEIGHT LIFTING AND OLYMPIC LIFTING

**WHERE?** CHANTAL LAW FITNESS & PILATES  
**HOW MUCH?** £141.60 FOR THE TERM



# 360 on Fridays

## ON-CAMPUS OPTIONS

IF GOING OFF-SITE ISN'T FOR YOU - THERE ARE ALSO A RANGE OF ON-CAMPUS ACTIVITIES ON OFFER DURING OUR EXTRA LONG FRIDAY 360 SESSION.

### ACTIVITIES THIS TERM INCLUDE:

✓ BADMINTON/GYM

✓ FOOTBALL

✓ COOKERY  
(Cost - £78 for ingredients)

✓ LEGO LEAGUE

✓ MIXED HOCKEY

✓ STRATEGY GAMES

✓ DANCE (Cost - £72-108)

✓ CARD/  
BOARD GAMES

✓ FOOTBALL

✓ CRAFT CLUB  
(Cost - £25 per term)

✓ FOLK BAND

THESE ARE OFFERED FREE OF CHARGE, WITH THE EXCEPTION OF THOSE MARKED ABOVE WITH A COST.



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