



Academies offer professional tuition in a range of sports, leisure pursuits, creative activities and academic subjects, and are designed to increase students' skills, technique and knowledge.

Our portfolio of optional Academies perfectly exemplifies our approach towards student-centred learning and programme design.

Each student can customise their experience at Bede's with the opportunity to extend and expand their learning in and out of the classroom in small, supervised groups under expert tuition. Academies can bring many benefits to the students, such as stimulating their creativity, expanding their capacity for reflection and helping them to develop their critical thinking skills. Some raise students' fitness levels and ability, while others help students to improve their self-confidence by challenging them to step outside of their comfort zone.

Every Academy, whether it be a sport, creative activity, leisure pursuit or academic subject, will help students to develop their communication skills, confidence in speaking and fluency.

Please refer to the Registration Form for Academy dates.



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Academic

All our Academic Academies are 3 hours per week (2 x 1½ hour sessions) and are available in all weeks. Each Academy will have one instructor per 14 students. For Academic Academies, a minimum English level of B1 (Intermediate) is required.

CRITICAL THINKING

Learn tools to examine information and ideas critically to make rational judgments and become a more independent thinker.

Lancing

ESSAY WRITING

Understand key essay structures and language to present and support your ideas in a logical and engaging way.

Royal Russell, Dicker, Lancing

INTERNATIONAL RELATIONS

Develop an understanding of key terms, concepts, processes and global challenges involved in International Relations.

Lancing

MANAGEMENT

Recognise a range of different perspectives on leadership, including sociological, psychological, functional and critical.

Lancing

PUBLIC SPEAKING

Learn methods in structure, style and delivery to present key ideas, build confidence and engage an audience.

Royal Russell, Dicker

Sporting

ADVENTURE & WATER SPORTS

Enjoy a variety of stimulating physical challenges.

Dicker, Lancing

BASKETBALL SKILLS

Develop passing, shooting and dribbling abilities to improve on-court performance.

Windlesham

CLAY PIGEON SHOOTING

Learn how to shoot safely and accurately using your dominant eye and the correct stance in this exciting academy.

Dicker

FLYING

Soar above the clouds and learn the basics of flying a plane.

Lancing

GOLF

Practise the mechanics of the golf swing, and gain greater awareness of the long and short game.

Royal Russell, Dicker, Lancing

HORSE RIDING

Learn to carefully handle horses and achieve good positioning for fun and safe riding.

Eastbourne, Windlesham, Royal Russell, Dicker, Lancing

RUGBY SKILLS

Learn key rugby skills, useful game strategies and the importance of teamwork.

Dicker

TENNIS

Develop swing techniques, ball sense skills and an instinct for good court positioning.

Eastbourne, Windlesham, Dicker, Lancing



Creative

CONTEMPORARY DANCE

Improve awareness on posture, rhythm, choreography and style in Contemporary Dance.

Royal Russell, Dicker, Lancing

BAKING & DECORATING

Learn the essential steps for baking and decorating cakes in a range of creative ways.

Eastbourne

DRAWING & PAINTING

Learn techniques to create great art and enhance any drawing and painting.

Dicker

FILM & ANIMATION

Learn some of the principles of stop motion animation with clay and Play-Doh.

Eastbourne, Lancing

LEGO & CODING

Explore the exciting world of Lego and coding, and design interactive and functional Lego creations.

Windlesham

MASTERCHEF

Enjoy being creative in the kitchen and learning new recipes with a trained chef.

Royal Russell, Lancing

PERFORMING ARTS

Have fun with acting and improvisation, and practice rehearsing and learning lines in English.

Dicker

PHOTOGRAPHY

Understand the essential functions of a DSLR camera and improve techniques to get that perfect shot.

Royal Russell

POTTERY & CERAMICS

Learn the key techniques of this expressive art to create unique and personalised ceramic pieces.

Dicker

ZOOKEEPER EXPERIENCE

Be a Zookeeper at Bede's zoo. Gain hands-on experience learning about the animals and how to care for them.

Eastbourne